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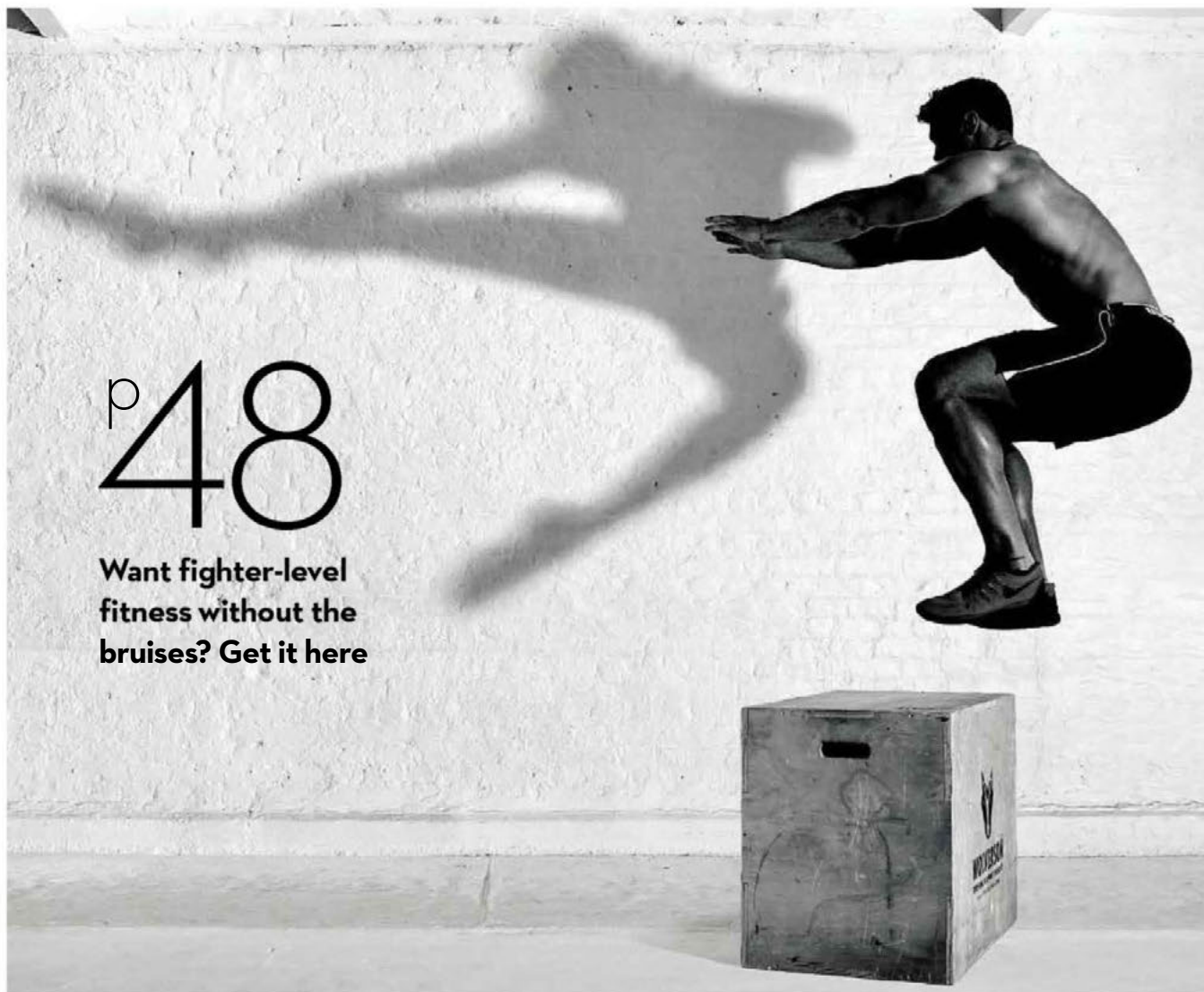
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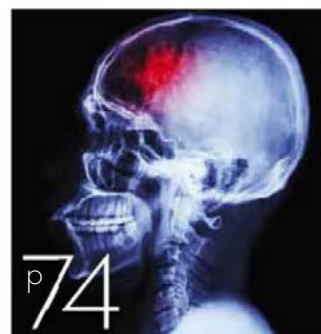
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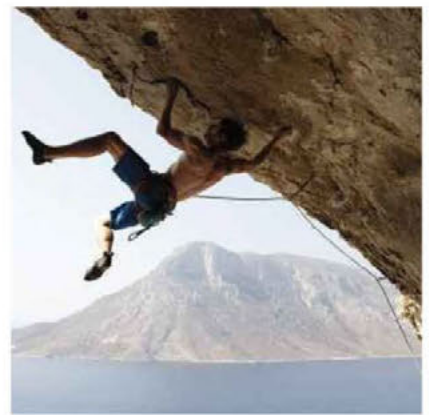
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EDITOR'S LETTER



When you look closely, six-packs aren't all that pretty. In fact, they're almost... ugly. There are a few that verge on

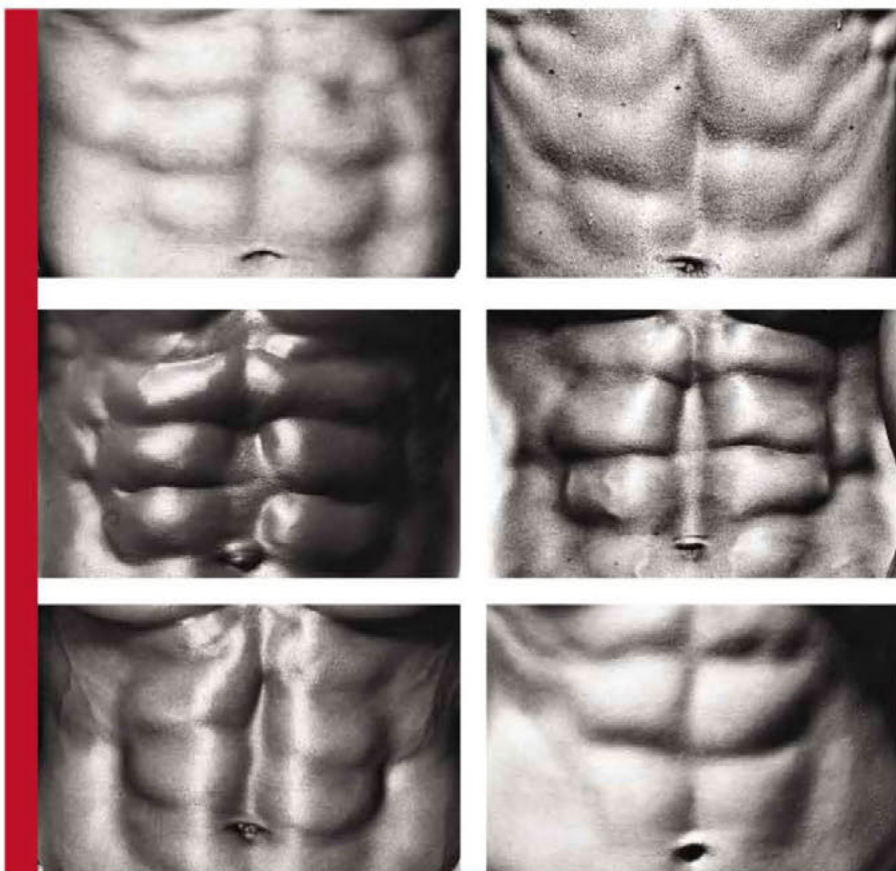
artistic, with perfect contours and symmetry, but most look like badly cobbled roads. So why are we all - and I count myself in this group - so obsessed with having one?

If it's because we think women will like us more, we should think again. In a number of studies, firm, strong glutes and muscular arms were found to appeal to women far more than well-defined abs. So if we're doing it for the ladies in our lives, we'd be better off focusing our efforts elsewhere.

In part it might be about what a six-pack represents. It doesn't come easy - you need to train hard and eat well to get it, and to maintain it you need to keep this up for, well, ever. So a six-pack says you're someone who knows how to work hard and commit to something. It also gives the impression of functionality and athleticism (although having one doesn't guarantee a high level of sporting performance).

But even if our desire for a washboard stomach is fuelled by misguided logic, the pursuit of abs is no bad thing - far from it. If, in your bid to get them, you follow a well-rounded programme and eat properly, you're going to get healthier, stronger and more mobile. And that's what this issue is all about - getting abs while also getting a lot fitter. We don't do abs for abs' sake.

On p64, four of the UK's most ripped men reveal their six-pack secrets -



We'd love to hear what you think about this issue or indeed any issue of *Men's Fitness*, so please email your feedback to me at nick_hutchings@mensfitness.co.uk

you'll be surprised how little time some of them spend training their abs to get their abs. We also give you a two-week plan (p137) packed with workouts that increase the size and strength of your abs and then scorch fat from your belly so everyone can see them. And your abs muscles need fuel to grow, so join us as we search for the UK's best burger (p95) - and let us treat you to a free one with our exclusive GBK voucher on p81.

But before you do that, ask yourself this: what could be better than a six-pack? How about an impressive set of shoulders, big chest and back and powerful legs to go with them? In your hands you're holding the blueprint for exactly that.

Nick Hutchings,
editor



@El_Hutchings

IN THIS ISSUE

Just some of the knowledgeable pros you'll find in *MF* this month



CHRIS HOY CYCLING LEGEND

There are successful athletes, there are elite athletes and then there are athletes who have stadiums named after them. Hoy won 11 world titles and six Olympic gold medals in an almost inconceivably illustrious cycling career - and his huge thighs are almost as famous as he is. He explains how weight training benefits cyclists on p42.



RYAN TERRY ABS SPECIALIST

Who would you go to for advice on building impressive abs? How about a man who has won titles including IFBB Pro Physique champion, UKBFF National Physique champion, Mr Great Britain and Mr International? That's Terry, who also holds the accolade of *Men's Fitness* cover model. He reveals his six-pack secrets on p64.



ANDY MCKENZIE IRON DISCIPLE

After 11 years in the military, as well as a full recovery from a broken spine, McKenzie became a respected strength and conditioning coach. Based in his West Sussex gym The Training Lab, 'Iron Mac' has trained MMA fighters, CrossFit athletes, Paralympic skiers and Arctic explorers, and he designed the core-blasting home workout on p120.

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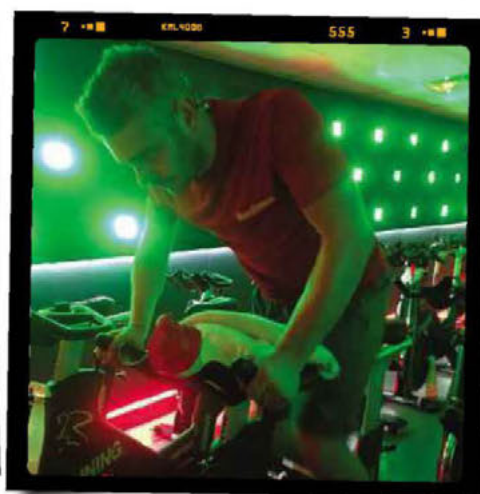
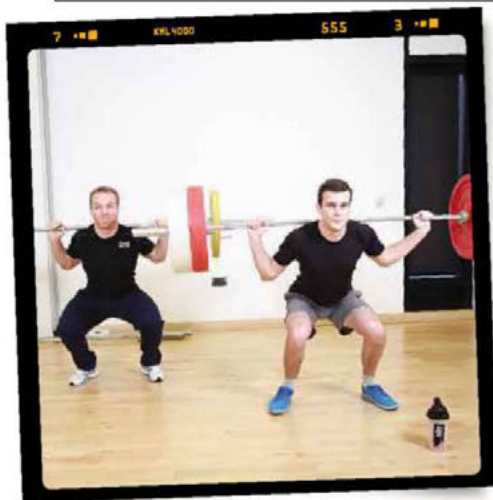
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THE MFEERS

The staff of *Men's Fitness* are always in the thick of the action



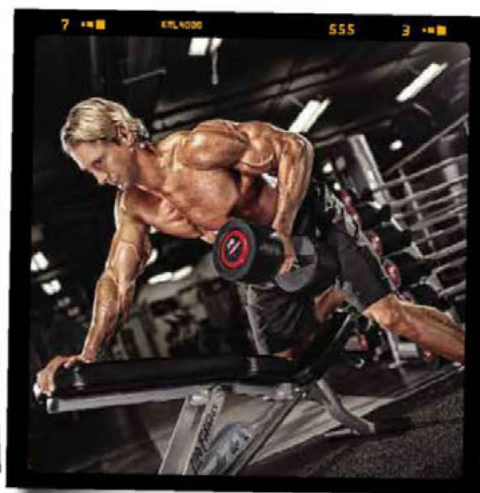
Matt, features writer
#thunderthighs

After a leg session with Olympic cycling legend Chris Hoy, I put his tips into practice and added 10kg to my five-rep max. I have to admit that, conscious of the massive thighs next to me, I used bigger-looking hollow bumper plates for this shot. Read Hoy's tips on p42.



Ped, art director
#spinningaround

I've started weekly spin classes at Fitness First in an effort to lose more body fat – and also to give my aching hips a much-needed rest from the heavy deadlifting I've been doing. Despite the lighting, I'm not tempted to break out some dance moves.



Nick, editor
#epictraining

I put Nike's new CrossFit-friendly Metcon 1 shoe through its paces during a series of tough team workouts organised by the sportswear giant in London. Surprise finisher – pull a taxi full of team-mates. For more about the shoe turn to p27.



Shaun Stafford, Optimum Nutrition athlete
#upgradeyourfitness

I've been working with Optimum Nutrition and the *MF* team on a once-in-a-lifetime fitness challenge. If you're ready to change your life through fitness, you can sign up at mensfitness.co.uk/upgradeyourfitness.



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Photography Joel Anderson Model David Lancaster Grooming Laura Tucker

MEN'S FITNESS Dennis Publishing Ltd, 30 Cleveland Street, London W1T 4JD

EDITORIAL

Editor Nick Hutchings 020 7907 6519
Associate Editor Joel Snape 020 7907 6816
Art Director Ped Millichamp 020 7907 6502
Deputy Editor Ben Ince 020 7907 6528
Managing Editor Chris Miller 020 7907 6520
Art Editor Rob Lavery 020 7907 6518
Fitness Editor Sam Rider 020 7907 6523
Features Writer Matt Huckle 020 7907 6498
Thanks this issue Camille Neilson (art), Gareth Beach (subbing), Sam Razvi (intern)

Staff email

firstname.lastname@mensfitness.co.uk

Work experience enquiries mfw@mensfitness.co.uk

DIGITAL

Head of Digital Content Max Anderton 020 7907 6847
max.anderton@mensfitness.co.uk
Digital Writer Andre Jackson 020 7907 6467
andre.jackson@mensfitness.co.uk

MANAGEMENT

Group Publisher Russell Blackman
Associate Publisher Nicola Bates
Group Publishing Director James Burnay
Editorial Director Pete Muir
Group Managing Director Ian Westwood

ADVERTISING

Group Advertising Manager Rick Asiyani 020 7907 6713
Agency Sales Manager Claire O'Farrell 020 7907 6688
Account Manager Stephen Cooke 020 7907 6558
Agency Account Director Lisa Jay 020 7907 6765
Agency Account Manager Carly Actville 020 7907 6702
Creative Solutions Project Manager Avril Donnelly 020 7907 6618
Creative Solutions Project Co-ordinator Ludovica D'Angelo 020 7907 6613
Northern Representative Steph Binns 01423 569553
Managing Director Fax 01423 709319
Julian Lloyd-Evans

MARKETING

PR and Communications Director Jerina Hardy 020 7907 6607
Marketing Co-ordinator James Young 020 7907 6424

PRODUCTION

Senior Production Executive Daniel Stark 020 7907 6053

SUBSCRIPTIONS/NEWSTRADE

Newstrade Director David Barker 020 7907 6489
Newstrade Manager James Mangon 020 7396 8042
Senior Direct Holly Mills 020 7907 6158
Marketing Manager Ryan Chambers 020 7907 6132
ryan_chambers@dennis.co.uk
Syndication Sales Manager Carlotta Serantoni 020 7907 6550
carlotta_serantoni@dennis.co.uk

SENIOR MANAGEMENT

Chief Operating Officer/Chief Financial Officer Brett Reynolds
Group Finance Director Ian Leggett
Chief Executive Officer James Tye
Company Founder Felix Dennis

Men's Fitness is available for syndication.

Please contact Nicole Adams on nicole.adams@dennis.co.uk or +44 (0) 20 7907 6134 for details.

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THE FUTURE, BUILT ON THE PAST.



Everything has changed. And nothing. Despite world leading innovations rendering the 2015 Alfa Romeo Giulietta Sprint almost unrecognizable to the engineers and designers of the 1954 original, one thing remains. The spirit that lives in every Alfa Romeo. Unchanging. Unmistakable. Unmatched. Now available with 0% APR Representative and from just £239 per month*.

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Model shown is the Giulietta 1.4 MultiAir 150 bhp Sprint at £21,000 OTR including Alfa Red paint at £510. Range of official fuel consumption figures for the Alfa Giulietta range: Urban 28.8 – 56.5 mpg (9.8 – 5.0 l/100km); Extra Urban 53.3 – 83.1 mpg (5.3 – 3.4 l/100km); Combined 40.4 – 70.6 mpg (7.0 – 4.0 l/100km). CO₂ emissions 162 – 104 g/km. Fuel consumption and CO₂ figures are obtained for comparative purposes in accordance with EC directives/regulations and may not be representative of real-life driving conditions. Factors such as driving style, weather and road conditions may also have a significant effect on fuel consumption.

*£2,969 customer deposit, £6,798 optional final payment, 48 month contract. Promotion available on new Giulietta 1.4 MultiAir Sprint models registered by 31st March 2015. Only available in conjunction with Alfa Romeo Preferenza PCP. With Alfa Romeo Preferenza you have the option to return the vehicle and not pay the final payment, subject to the vehicle not having exceeded an agreed annual mileage (a charge of 6p per mile for exceeding 6,000 miles per annum in this example) and being in good condition. Finance subject to status. Guarantees may be required. Terms and Conditions apply. At participating Dealers only. Alfa Romeo Financial Services, PO BOX 4465, Slough, SL1 0RW. *On the road price includes 12 months' road fund licence, first vehicle registration fee, delivery, number plates and VAT. Figures and prices are correct at time of publishing. Retail sales only. Terms & Conditions apply & are subject to exclusions.

Q Should I carry a water bottle when running?

'On a long run, yes,' says running coach Gerald Smith, owner of runningcoachlondon.co.uk. 'Your blood is mostly made of water so as you sweat your blood will thicken and your blood pressure will rise. That means you'll find it harder to exercise.' If you don't want to carry a bottle, try the Snapflask belt from amphipod.com (pictured), which holds water vessels comfortably and securely for easy one-handed access.



Q Should I change my protein, carbs and fat ratios in winter because of the cold?

'You don't need to change your diet macros massively just because it's a bit brisk,' says Emma Barraclough, senior nutritionist at Science in Sport. 'However, if it's affected your activity level that's a different story. If you're doing less cardio then you'll need to drop the percentage of calories you get from carbohydrates, increasing your protein to compensate.'

Q I know someone who got a staph infection. It was nasty. Should I worry about catching one at the gym?

'In theory it is possible to catch a staphylococcal infection in the gym from bacteria lurking on gym equipment or yoga mats,' says Dr Stefanie Williams, medical director at European Dermatology London. 'Fortunately, the risk of acquiring such an infection is low.' But what if you're the unlucky one? 'It's worth tweaking your gym routine to be on the safe side,' says Williams. 'Make sure you shower immediately after exercising, wash all your gym clothes after each use and wipe any gym equipment as well as the inside of your gym bag with anti-bacterial wipes.' But you do all that already, right?

MFAQ

EVERY MONTH WE ANSWER THE KEY FITNESS QUESTIONS



Struggling to motivate yourself? Trick your brain into forming healthy habits

Q I've trained for most of my life but recently my motivation isn't what it used to be. How do I jump-start my desire to get in shape again?

Simple: forget about motivation, and create routines instead. 'Rather than battling to work up the motivation every time you want to exercise, create an if/then plan for yourself to follow,' says Professor Richard Wiseman, psychologist and author of *59 Seconds: Think A Little, Change A Lot*. 'For example, if I don't make it to the gym, then I'll do a bodyweight circuit at home. Plan the circuit in advance, and you won't have to engage your brain when you're low on willpower.' Work out more with mates, too – accountability is a great incentive to train.

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GET IN TOUCH

Got a fitness question?



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last issue's issues

Q MF recommended tuna as a muscle-builder. Isn't there a risk of mercury poisoning?

Mercury levels are higher in predatory fish such as tuna – but don't panic just yet. 'Tuna is safe to eat in moderation – no more than three times a week,' says Helen Barklam, a BANT-registered nutritional therapist. 'It also contains the mineral selenium, which is thought to alleviate the toxicity of mercury by binding to it and preventing its absorption in places it can cause harm.' So start cooking.



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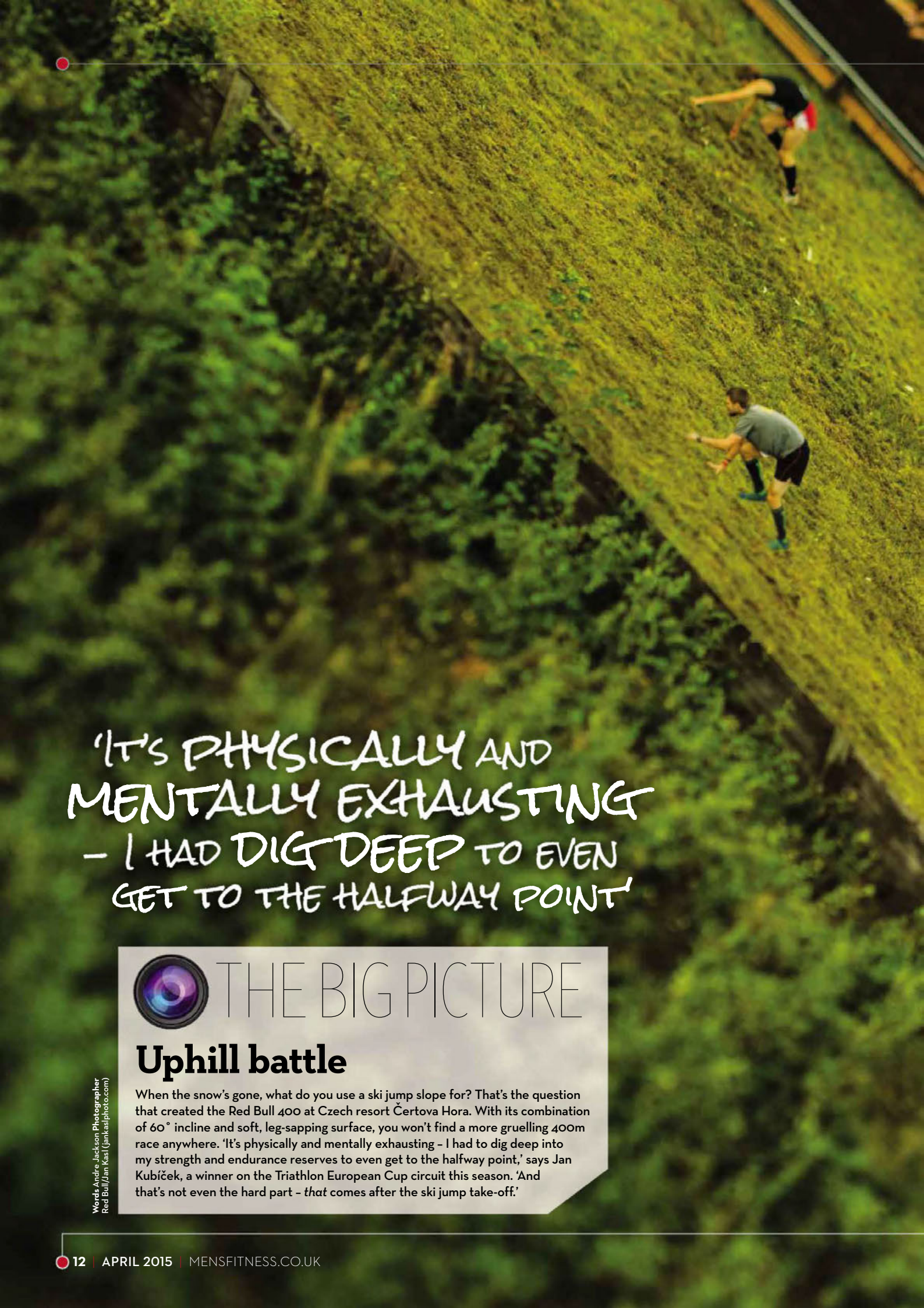


AUTUMN/WINTER COLLECTION



fiat.co.uk

Fuel consumption figures for Fiat 500 range in mpg (l/100km): Urban 49.6 (5.7) – 64.2 (4.4); Extra Urban 65.7 (4.3) – 91.1 (3.1); Combined 58.9 (4.8) – 76.3 (3.7). CO₂ emissions 113 – 90 g/km. Fuel consumption and CO₂ figures based on standard EU tests for comparative purposes and may not reflect real driving results. *Under current DVLA regulations there is no charge for Vehicle Excise Duty in the first year of registration and every subsequent year. Vehicle Excise Duty rates are reviewed annually by the government and are subject to change.



'IT'S PHYSICALLY AND
MENTALLY EXHAUSTING
— I HAD DIG DEEP TO EVEN
GET TO THE HALFWAY POINT'



THE BIG PICTURE

Uphill battle

When the snow's gone, what do you use a ski jump slope for? That's the question that created the Red Bull 400 at Czech resort Čertova Hora. With its combination of 60° incline and soft, leg-sapping surface, you won't find a more gruelling 400m race anywhere. 'It's physically and mentally exhausting — I had to dig deep into my strength and endurance reserves to even get to the halfway point,' says Jan Kubíček, a winner on the Triathlon European Cup circuit this season. 'And that's not even the hard part — *that* comes after the ski jump take-off.'

Words Andre Jackson
Photographer
Red Bull/Jan Kasl (jankaslphoto.com)



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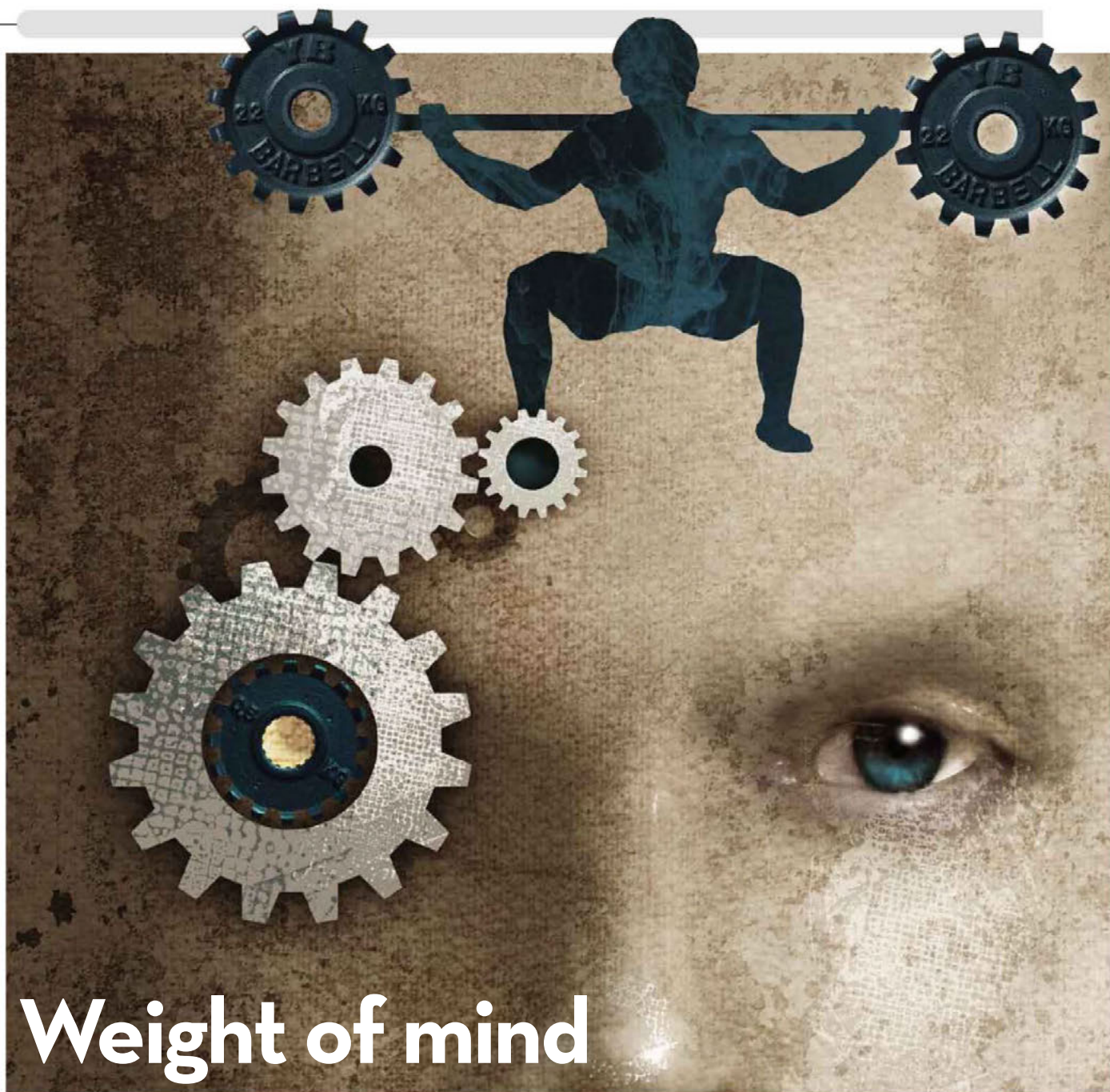
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KIT

OPINIONS

UPGRADE

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Weight of mind

Your brain is as important for building strength as any kit

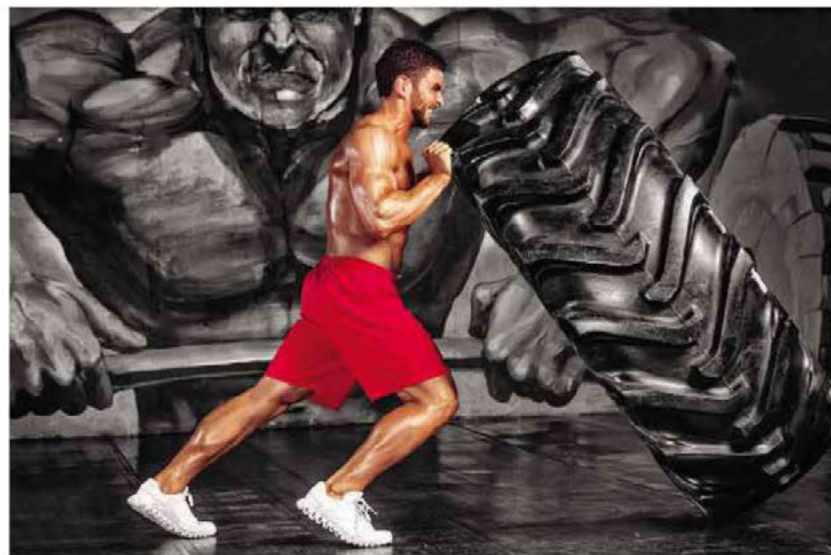
Any self-help book will tell you positive thinking is vital for success, but recent research published in the *Journal Of Neurophysiology* shows

mental strength can actually be translated into physical gains. Two groups performed wrist exercises designed to induce weakness, with one group

also visualising strong muscle contractions. These subjects performed significantly better at testing, suggesting the mind is a key component of strength. Time

to visualise yourself smashing through sets as part of your pre-workout routine. Who knows? It might even help you win friends and influence people at the gym.

Words: Max Anderton Illustration: Chris Gibbs@Avena



GIANT STEPS

WANT BIGGER, BETTER GAINS? TRAIN LIKE THE COLOSSI OF WORLD'S STRONGEST MAN

Most people think World's Strongest Man competitors are to be marvelled at rather than emulated – after all, you're never going to have to pull an 18-wheeler truck or heft a gigantic log overhead, are you? But the powerful and functional compound movements of strongman training can benefit everyone, not just man-mountains. A study from New Zealand compared two groups performing strongman and traditional resistance training over seven weeks and found that the strongman group saw benefits in muscle mass gain and their one-rep max. You'll find strongman kit in plenty of gyms across the country now, so make a start on the moves below and get a bigger, stronger everything this year.

STILL GOING STRONG

You don't need a 4,500kg truck or half a dozen kegs to mimic strongman moves. WSM podium finisher Terry Hollands shares his gym routine

STRONGMAN MOVE AXLE LIFT

GYM MOVE

HANG HIGH PULL

'We do a specialised strongman clean, but you can use this basic move to develop power,' says Hollands. Hold a bar at thigh height, then drive your hips forward and lift it to chest height explosively.



STRONGMAN MOVE CIRCUS PRESS

GYM MOVE

WIDE-GRIP BEHIND-THE-NECK PRESS

'This mimics the movement without testing your balance so much,' says Hollands. Hold a light bar behind your neck with a wide grip and press it overhead.



STRONGMAN MOVE KEG TOSS

GYM MOVE

AMERICAN SWING

'It's difficult to toss heavy things around indoors,' says Hollands, 'but the explosiveness is similar to a kettlebell swing.' Snap forward at the hips and bring the bell up until it's overhead.



FITNESS NEWS

MF TOP TEN THE BEST HEALTH AND FITNESS PODCASTS



1 EVIL SUGAR RADIO

ESR debunks popular diet myths to give you the hard facts needed to take your gym performance to the next level.

2 WE DO SCIENCE!

Pseudoscience is the enemy in this evidence-based nutrition podcast hosted by MF contributor Laurent Bannock.



3 TOTAL HUMAN OPTIMIZATION

With topics from eating boogies to the science of sleep, Onnit's podcasts have advice from top names in sport and fitness.



4 BARBELL SHRUGGED

Hear CrossFit enthusiasts do what they do best (apart from kipping pull-ups): talk about how to WOD harder.



5 FAT-BURNING MAN

Abel James found that what he thought he knew about nutrition and fitness was wrong. Here's what he's learned since.



6 PHIL LEARNEY PODCAST

The strength and conditioning expert guarantees results if you put the advice he shares into practice.



7 THE JAY FERUGGIA SHOW

Upgrade your life with the help of fitness pros, nutritionists, life hackers, dating experts and entrepreneurs.



8 HEAVY HANDS!

The only MMA podcast to focus solely on the technical, tactical and strategic side of combat sports.



9 MARATHON TRAINING ACADEMY

It can be twee at times, but the married-couple hosts know their stuff when it comes to marathon prep.



10 TEDTALKS HEALTH

This video podcast has TEDTalks experts covering a broad range of topics from vaccines to healthy bowel movements.



CELEBRITY STATUS

THE UPDATE Instagram @JESSICAENNISHILL Sunday morning running session followed by weights. Back to basics.

@MENSFITNESSUK The Olympic hero proves hard work in the gym is a must to excel at any sport. Plus, she's a new mum. Your excuses for not training no longer hold water #noexcuses





BE AN ATHLETE

PREMIUM SPORTSWEAR



BOTTOMS UP

A month's abstinence won't undo the effects of heavy drinking - but good drinking habits will

Did you go 'dry' this January? We admire your discipline if you did, but we also hope you didn't celebrate by getting blitzed in February. A month off alcohol won't undo the damage caused by bingeing the rest of the year - but if you're smart you can drink without serious harm. Liver cells take two or three days to recover from dealing with alcohol, so the Royal College of Physicians says it's best to have two or three consecutive alcohol-free days a week and stay under the recommended three to four units on the other days. You'll avoid the stress of giving up something you enjoy, and still get alcohol's health benefits (see below). Don't trust yourself to stick to the unit limit? Download the Spruce app, which keeps track for you - if you're honest.

FOR MEDICAL REASONS

A moderate amount of alcohol has been shown to help reduce the risk of several health problems



BONE DENSITY

While drinking too much will weaken your bones, a study published in the *American Journal Of Clinical Nutrition* found that men who had seven to ten beers a week had greater hip bone density (4.5%) than non-drinkers (3.4%).



DEMENTIA

Booze actually helps keep your mind sharp. A study published in the *Journal Of The American Medical Association* found that people over 65 who have between one and six alcoholic drinks a week have a lower risk of dementia.



CARDIOVASCULAR DISEASE

While those who drink red wine in moderation have been shown to have a lower risk of cardiovascular disease than non-drinkers, a study published in *Nutrition Research* said that beer was just as effective.

NUTRITION NEWS

DON'T FEAR THE BEER

Healthy booze doesn't have to mean resveratrol-rich red wine - all these beers contain ingredients with health benefits

BAIRD ISHII STONE GREEN TEA IPA

This Japanese double IPA is brewed with green tea, which has polyphenols in it that help boost your metabolism for better fat-burning.



ER BOQUERÓN

A Taiwanese study found that seawater - which is used to make this Spanish beer - has a better mineral balance of sodium, potassium, zinc, and magnesium than most sports drinks.



LEFT HAND GOOD JUJU

The slightly spicy taste of this beer comes from the ginger in it, which contains powerful anti-inflammatories and can help ease nausea. Might come in handy the next morning.



ABITA PURPLE HAZE

This beer is made with so much raspberry it's actually purple. Raspberry contains a phytonutrient called ketone, which encourages your body to burn fat.

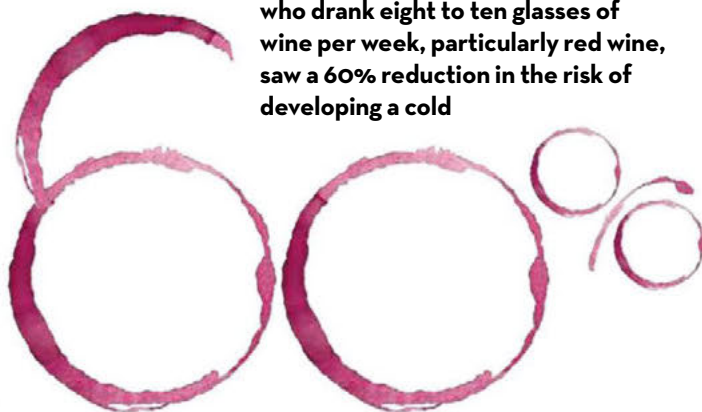


SPRECHER MBEGE ALE

This African-style beer is brewed without barley and wheat - it's made with banana, a fruit rich in vitamin B6, which has been shown to boost kidney health and prevent heart disease.



A Spanish study found that those who drank eight to ten glasses of wine per week, particularly red wine, saw a 60% reduction in the risk of developing a cold





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OBSTACLE COURSE RACING

WHEN A MARATHON JUST ISN'T EXCITING ENOUGH, BRING ON THE BARBED WIRE, FLAMING HAY BALES AND TEAR GAS



WHAT IS IT?

The fast-growing, multi-million-pound industry of setting up a field full of hazards that would make a Navy SEAL pause, then charging people good money to crawl, scramble and suffer through them. Tough Mudder is the biggest, with more than 50 events scheduled worldwide in 2015 (seven in the UK), but there are plenty more popping up all the time.

TOUGHEN UP

2014 Spartan Race World Championship winner Jonathan Albon recommends bodyweight circuits with sprints to get race-ready. Do each move continuously for 1min and repeat the circuit four times with 45sec sprints between moves. Take a 90sec breather between circuits.



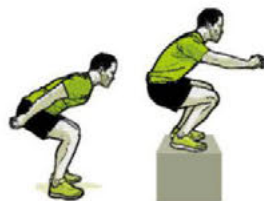
1 SPIDER-MAN PRESS-UP

Extend one knee out to your elbow while doing a press-up. Alternate sides.



2 BEAR CRAWL

Crawl on all fours, moving one hand and the opposite foot forward simultaneously.



3 BENCH JUMP SQUAT

Stand in front of a bench. Squat, jump onto it, then step back down.

SPARTAN SPEAK

'WE THOUGHT IT WOULD BE INTERESTING TO HAVE A RACE WHERE NOBODY KNOWS WHAT TO EXPECT, AND DURING THAT PROCESS THEY BECOME A NEW PERSON'

SPARTAN RACE CREATOR
JOE DE SENA



33%
of entrants fail to finish Tough Guy, making it the hardest OCR in the UK

In comparison,
22%
of people don't finish Tough Mudder

SECRET WEAPONS

Gain an advantage at your race with these two bits of kit



LIQUID CHALK

Use this for added grip on monkey bars and climbing walls, then laugh as everyone else slips off.

DRAINAGE HOLES

Your shoes will fill with water.

Wear a pair with drainage holes such as the Reebok All Terrain Super.



\$15k

The top prize at the Spartan Race World Championship (around £9,900)

4,000

There are more than 4,000 Tough Mudder tattoos in the world, according to the event organisers

FRESH CHALLENGES

Tough Mudder is getting nastier for 2015. Here's what to look out for.

BIRTH CANAL

Crawl under a tarp filled with water in this disconcertingly named obstacle.

BE PREPARED Replicate the extra weight of the water by doing army crawls wearing a weight vest.

KING OF THE SWINGERS

Swing off a 3.7m platform, ring a bell at the top then drop into water.

BE PREPARED Do rope climbs to improve grip strength and get used to using your feet to take your weight.

CRY BABY

The centrepiece - a low tent filled with a substance similar to tear gas.

BE PREPARED Chop a bag of onions while using matchsticks to prop open your eyes. Only joking - just work on your crawl speed to get through ASAP.

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Beating Blood Cancers



Get the lowdown

Step away from the bench. The best shoulder-builder you've never done is the glute-bridge floor press

Chances are you do most of your shoulder training using a bench or rack, but if you want to maximise growth and minimise injury, lie down and get stuck in to the glute bridge floor press.

This little-known move created by strength coach Ben Bruno should be performed super slow to maintain balance, which optimises muscle growth and reduces the range of motion, keeping your rotator cuffs protected. The bonus? By holding a bridge throughout, you'll switch on your glutes, which will probably have gone to sleep if you spend your days as a desk-jockey. Lying down on the job? For once we approve.

How to do it

SETS 4 REPS 6 EACH SIDE
REST 30SEC

Lie on your back with one foot on the floor, pushing your hips up into the air - the 'bridge' position. Hold the dumbbell on the same side as your raised foot and press it straight up, then lower it under control. Complete all your reps on one side, switch feet and repeat the reps with the dumbbell in your other hand.



A

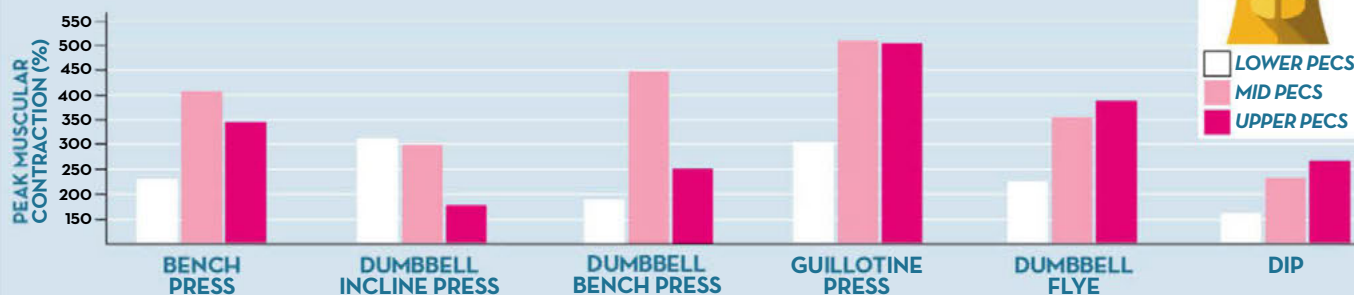


B



BEST IN CHEST

Building impressive frontage takes more than one move - you'll need to work all three areas of your pecs. EMG testing has revealed the moves that work each area best. You should use them all



□ LOWER PECS
■ MID PECS
■ UPPER PECS



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 TRUSTPILOT


Model shown:
MX10-100S

Mack daddy

Enhance your bedroom prowess with this little-known libido-booster



It might not have the same sex appeal as dark chocolate or red wine, but if you want to spice up

your love life, mackerel should be your aphrodisiac of choice. Mackerel is rich in omega 3 fatty acids, which help improve blood flow to key parts of the anatomy, as well as iron, which boosts your energy levels. Result: you'll perform better... for longer.

MACKEREL AND BEETROOT SALAD

INGREDIENTS (SERVES 1)

2 smoked mackerel fillets /
1 beetroot, ready cooked /
½ a handful of coriander leaves /
½ a handful of watercress leaves /
1tsp lemon juice / 1tbsp olive oil

TO MAKE

- Cut the beetroot into wedges and arrange on a plate with the mackerel.
- Garnish with the coriander and watercress, then dress with lemon juice and olive oil.

CALORIES

624

PROTEIN

44g

CARBS

9g

FAT

45g

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IMPROVES
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THE JENSON BUTTON TRUST TRIATHLON

The 2015 Jenson Button Trust Triathlon

is set to be the biggest event to date with the capacity for double the amount of competitors as seen in previous years.

To be held in **Markeaton Park, Derby** on **Sunday July 12th**, competitors will get the chance to race against the 2009 Formula 1 World Champion and a number of amateur and professional Triathletes.

Visit www.jensonbuttontri.com to find out more and register.



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Box fresh

For the past few years Reebok has had a stranglehold grip on CrossFit gear. And while Nike claims this new Metcon 1 shoe isn't specific to one sport, its CrossFit-friendly features certainly make it look like an attempt to prise apart Reebok's callused fingers. A firm heel and small 40mm heel-to-toe make it stable for Olympic lifting, while the Flywire in the outer locks down your foot during rapid movements – think burpee box jumps – so you're less likely to roll your ankle. It also has rubber lugs running up either side of the mid-foot for greater traction during rope climbs, a CrossFit workout staple. Late to the party? Yeah, but Nike's made a spectacular entrance.

£100 nike.com

Words Nick Hutchings Photography Danny Bird



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Cycling to work doesn't have to mean Lycra and saddlebags. Commute safely and in style with the help of this kit



1 VULPINE HARRINGTON

£195 vulpine.cc

Turn heads on and off the bike in this mod-style jacket. Its silicone-treated cotton is breathable and water-resistant too.

2 POC RECEPTOR COMMUTER

£92 pocsports.com

No-one wants to turn up at work with a severe case of hat hair. This helmet lessens the effect with its anti-static lining.

3 LIZARD SKINS LA SAL 2.0

£20 wiggles.co.uk

Most gloves limit grip or stop you using a smartphone. You can do both in these fingerless gloves.

4 OGIO COMMUTER

£90 tritoncycles.co.uk

The fold-over top and water-resistant material keep your valuables dry, and there's a sleeve for a 15in laptop.

5 VEGLO COMMUTER X4

£50 veglo.cc

This LED lamp has fibre-optic straps that light up. Wrap it around yourself and you'll be visible from almost every direction.

6 RAPHA JEANS

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£6.50 johnlewis.com

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2 NUTRIBULLET

£100 buynutribullet.co.uk

Don't let the tacky infomercials fool you into thinking this must be rubbish - it's a powerful-but-portable blender that breaks down seeds, stems and tough skins with ease for a silky smooth, err, smoothie, without you having to sieve out any potentially nutritious bits. Unlike most blenders, it's also easy to keep clean.

3 PREPPED AND PACKED

£45 preppedandpacked.com

Created by body transformation coach Ben Vincent, this dedicated food bag is fully insulated and comes with three containers to help with portion control throughout the day. It also has a supplement box, space for two shakers (one of which is included) and gel freezer packs to keep everything fresh.

4 HYDRACUP DUAL SHAKER

£13 tropicalfitness.com

You'll get more from your workouts if you're properly fuelled and hydrated. This chunky two-section shaker means you can have a pre-workout and post-workout drink ready to go without having to carry baggies of suspicious-looking powders to the gym - or use it for an iced coffee if you're so inclined.

Heart rate monitors

You should train in a different heart rate zone depending on whether you want to improve endurance, boost sprint power or burn fat. A heart rate monitor (HRM) records your training intensity and ensures you're working in the zone that best suits your goals. Here, *MF* tests four of the latest models



1 GARMIN FORERUNNER 920XT

£390, buy.garmin.com

A triathlon powerhouse, the Forerunner 920XT has an abundance of modes and features, complemented by a display that's easy to read in any environment and an interface so intuitive that the instruction guide seems like a waste of paper.

Its Running Dynamix software marries vertical oscillation, ground contact time and cadence with your heart rate to give you a VO₂ max it can use to predict race times. It also comes with two swimming modes – open water and indoor. In open water it relies on GPS, while in indoor mode it uses an accelerometer to track distance. After training, you can use the USB cable and secure charging housing to link it to the Garmin Connect site, where you can crunch your data, use expert tri plans and connect with other Garmin owners.

PROS

- Works for all types of session and environment
- Extremely simple to use

CONS

- Can't program it for indoor pools less than 15m
- Plugging it into a mobile charger during a long ride stops your session

VERDICT

Simply the best multi-sport tracker on the market.

BEST FOR... Any triathlete who's prepared to splash the cash to get the most out of their sport.



2 POLAR M400

£170 polar.com

Thanks to the M400's intuitive interface we barely had to consult the user manual while setting it up – good news for anyone who'd rather spend their time training than reading instructions. It further caters to the impatient with a Back to Start feature that uses GPS to send you home from your current location, so you don't need to plan every route meticulously.

Workouts, steps, sleep and calories burned are logged into Polar Flow through the website or app. Like the watch this service is easy to use, with a bold interface. A large calendar shows your activity over the month, and you can analyse each workout in detail. Based on your recorded heart rate it also lets you know the specific health benefits of each session you've done and can suggest future sessions depending on your goals.

PROS

- GPS features at a low price
- Easy to set up and use

CONS

- No vibration for alerts or alarms
- Constant use requires daily charging

VERDICT

A combined HRM and GPS activity tracker at an attractive price.

BEST FOR... Runners who like to track more than just their training sessions.



3 SUUNTO AMBIT3 PEAK SAPPHIRE

£500 suunto.com

A training supercomputer on your wrist, the Ambit3 has preset modes for everything from mountain hiking to open-water swimming, along with specific features for each. Lost during a run? Use the GPS route planner. Worried that a storm might be brewing? Check the weather indicator.

Pairing the chest strap and using the watch to record a training session is simple, but delving into its myriad features requires an intimate familiarity with the 121-page user manual. The supporting software (Movescount - available on web and iPhone) is equally exhaustive and even a straightforward run presents you with 22 metrics including the amount of time spent in each heart rate zone, a suggested recovery time and predicted VO₂ max.

PROS

- Detailed post-training analysis
- Vast amount of features and metrics

CONS

- Oversized watch
- No vibration for alerts or alarms

VERDICT

A stat junkie's wet dream, this can record - and even assist with - any activity.

BEST FOR... The hard-training data geek who feels the only way to improve performance is to know everything about every second of a training session.



4 TIMEX IRONMAN TARGET TRAINER

£140 timex.co.uk

Forgoing GPS, a companion app and any way to export data keeps the Target Trainer's price low and its battery life long. Rather than trying to be a personal trainer, analyst and physio in one, this is more an enthusiastic stopwatch with heart rate monitoring capabilities and a variety of training session options.

Its most useful function is the ability to designate the heart rate zone you want to work in and set audio cues to let you know if you're going too hard or easy. It also has loads of different stopwatch and timer functions, allowing you to create intervals, record laps and set nutrition and hydration timers. Perfect if you have no need for GPS or you just need an HRM for the gym.

PROS

- No need to charge
 - Large memory
- #### CONS
- No GPS means no real-time pace
 - No way to export your data

VERDICT

A bare-bones HRM and sports watch with a long battery life.

BEST FOR... Budget-conscious runners and cyclists who don't race and so don't need to clock specific distances.



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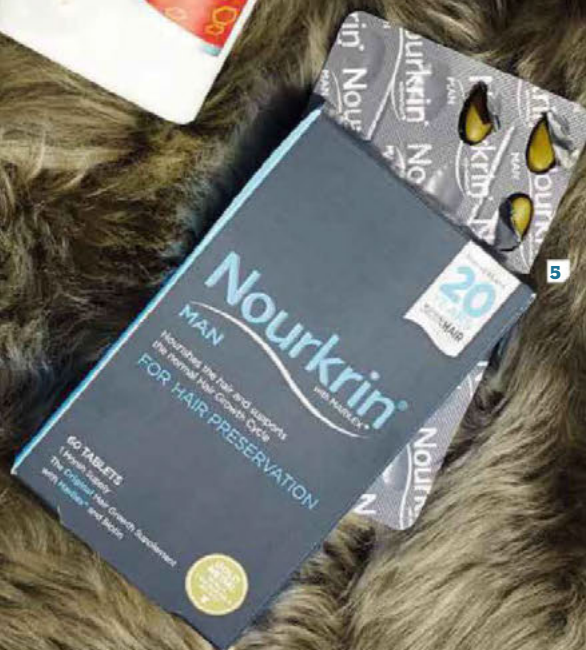
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2 HEAD & SHOULDERS HAIR ENDURANCE

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3 L'ORÉAL PROFESSIONNEL SERIOXYL DENSER HAIR

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4 REGAINE FOR MEN FOAM

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5 NOURKRIN MAN

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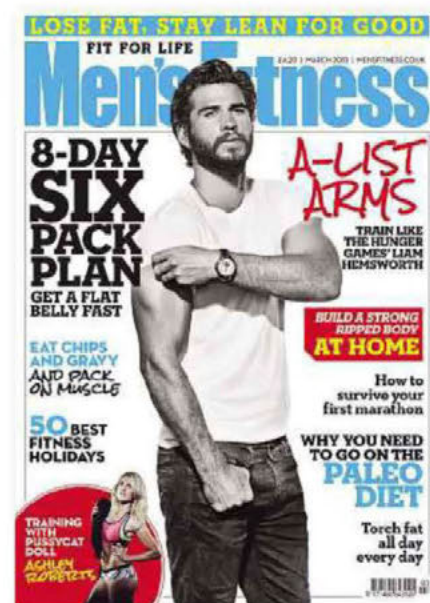
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FREESKIER MATILDA RAPAPORT

The Swede talks about what it takes to become one of the world's best backcountry skiers - and how you can up your slope game

How do you train off the mountain?

By doing a lot of endurance, strength and agility work. Most of the exercises replicate skiing movements and positions. I work a lot with weight vests doing things like squats and lunges. I also love trail running - living in the mountains means I have plenty of beautiful trails to explore.

What should once-a-year skiers do to improve their holiday skiing??

Most casual skiers and snowboarders never warm up, which is terrible because there's a good chance they'll pull or tear a muscle. You'd never do high-intensity intervals without a warm-up, and it's the same thing. Knees and back are the areas at most risk of injury, so focus on those. Body-weight squats, jumps and core rotations at the top of your first run will help reduce your chances of injury.

The mountains are full of dangers - what's the scariest situation you've been in?

I once got dropped off by helicopter to do a run and it couldn't land, so I had to jump out. I nearly ended up tumbling straight off the side of the ridge - which would have meant a 50m drop onto rocks.

You do some terrifying stuff on purpose too - how do you stop fear from overwhelming you?

When I'm at the start gate of a competition and I'm super-nervous, I try to smile and remember I'm doing this because I love it. But when it comes to risks in the mountains it's about trusting your instincts and evaluating the environment. The trick is to focus on what you want to happen, not the worst thing that could happen.

What's the one thing everyone should try on a skiing holiday?

Something out of your comfort zone, whether that's hitting a jump or hiring a mountain guide to take you off-piste. You'll learn that you can do more than you think. It sounds cheesy but it's something I rediscover every time I ride a super-challenging face.

TRAIN LIKE A GIRL Prepare your body for the slopes with Rapaport's mobility moves



SIDE BEND LUNGE

'Combining lunges with side bends stretches the major skiing muscles - core, glutes and legs,' says Rapaport. 'Ski boots make it easier to keep your balance.'



GOOD MORNING

'This warms up your lower back, glutes and hamstrings. Do it with your back slightly concave,' say Rapaport. 'Straighten your knees if you want to work your hamstrings more.'



UPPER-BODY ROTATION

'Whether you're skiing blue runs or blacks, your core will twist and turn sharply to keep balance,' says Rapaport. 'This will warm it up to reduce your risk of injury.'



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Moves such as the alternating plyometric press-up can make you more explosive

MF MUSCLE EXPERT

Should I be doing my gym's plyometrics class?

Plyometrics can be a great training tool for building explosiveness and athleticism, but many gyms don't teach them properly

Ben Crookston is a strength and conditioning coach and the founder of Train Heroic. He specialises in weightlifting, aerobics and plyometrics.

A lot of gyms offer classes that claim to be plyometrics-based - typically featuring endless box jumps - but they're missing the point of what plyometrics actually are, and what they should be used for.

Feel the force

The aim of plyometrics is to increase your ability to exert force, and force equals mass times acceleration. If you can increase the speed at which you land from a jump or a ballistic press-up, you'll exert more force, which means you can do everything more explosively. This makes plyos an excellent tool for speeding up the body's responses and improving ath-



letic performance. But for this to be effective, you have to be performing the exercise at maximum effort and only a handful of times, resting as long as necessary between reps to ensure you can apply yourself with maximum force every time.

Most 'plyometric' gym classes use explosive moves such as box jumps or clap press-ups, but in a format where you perform up to 20 consecutive reps as part of a circuit. While this will certainly help you shift

excess body fat, it isn't plyometric, and it won't improve your explosiveness or athletic performance.

Jump around

If you're just looking to maintain your general level of fitness, you don't need to worry about plyometrics. But if you specifically want to get more explosive, make sure you have a solid foundation of strength and mobility before you jump in - no pun intended. Plyo exercises involve dynamic, explosive movements that - when done properly at maximum intensity - put your tendons and muscles under a lot of stress, increasing the risk of injury.

To minimise this, I recommend mastering functional exercises such as heavy barbell squats, cleans and snatches before you start doing serious plyo work.

Even when guys do use plyometrics correctly, they tend to spend more time doing lower-body plyo work. If your sport involves explosive upper-body movements - such as throwing balls or punches - I'd add upper-body plyo moves like ballistic press-ups or depth press-ups to your sessions, aiming for sets of five to ten max-effort reps, resting as required between sets. You can even work your upper body while doing box jumps by holding light dumbbells or wearing a weighted vest.

So if you've got a good strength base and you want to be more explosive, you should definitely add plyometrics to your routine. But not by going to a class that confuses plyometrics with high-volume fat-loss drills.

trainheroic.com

FAST AND LOOSE

Speed up your body's responses with this quick plyometric plan

PLYO PRESS-UP

SETS 4 REPS 8

Get into a press-up position, hands just inside a pair of plates. Lower, then push up forcefully so your hands leave the floor. Land with your hands on the plates. Repeat, landing with your hands on the floor.



DUMBBELL BOX JUMP

SETS 4 REPS 10

Stand holding light dumbbells. Lower into a shallow squat, then jump up onto the box with your back straight and knees slightly bent. Stand, then step down.



ALTERNATING PLYO PRESS-UP

SETS 4 REPS 8 EACH SIDE

Get into a press-up position with one hand on a medicine ball. Lower as far as you can, then press up explosively and switch hands so your other hand lands on the ball. Repeat on the other side.



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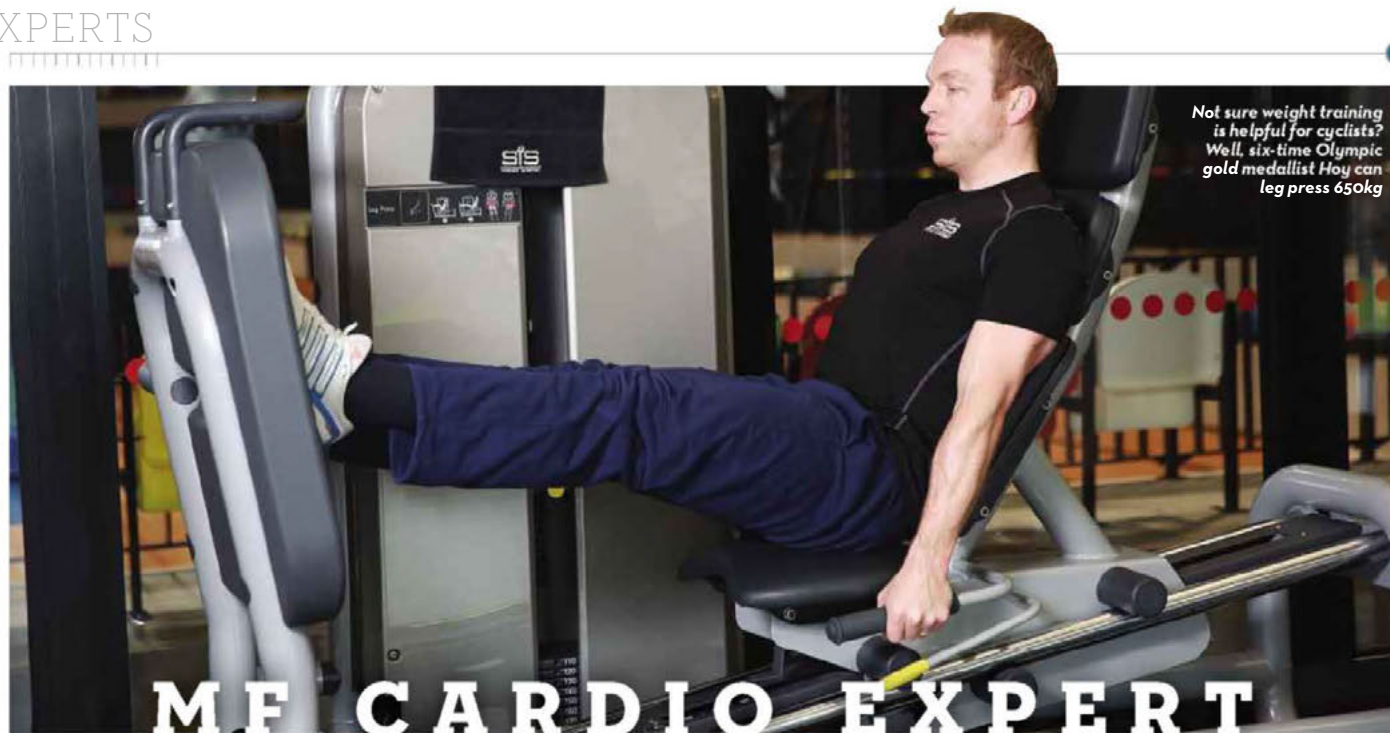
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Not sure weight training is helpful for cyclists? Well, six-time Olympic gold medallist Hoy can leg press 650kg

ME CARDIO EXPERT

Will weight training help my cycling?

Whether you're a veteran or a newbie, on the road or the track, strength training will improve your performance, says a six-time Olympic champion

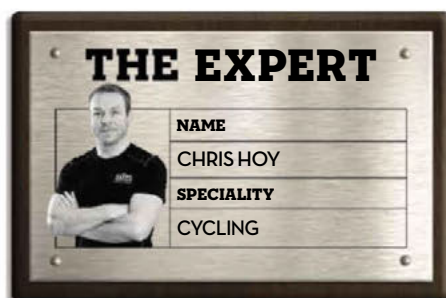
With seven medals, six of them gold, Chris Hoy is the most decorated Olympic cyclist of all time - and he's also an 11-time world champion. As he explains, weight training isn't just for mammoth-thighed super-sprinters like him.

Road cyclists tend to have a misconception about weights - they think they're only of value to track sprinters who need explosive power. They do everything they can not to gain too much weight, and many of them worry that if they so much as look at a dumbbell they'll put on a kilo - and that this will slow them down. But my message is that weight training can bring everyone functional improvements without making them heavier.

Prime beef

You can use it to become more powerful in short bursts or improve acceleration on climbs. It'll also help you prevent injury - being on a bike for hours at a time is not great for your posture - and working your core will get the most out of your propulsive prime mover muscles: quads, glutes, hamstrings and lower back. This means faster cycling, no matter the distance.

Before you start, of course, you have to be clear about what you're trying to achieve. When I was training as a track sprinter I would do two or three gym sessions a week doing low repetitions with heavy weights, always focusing on the quads, glutes, hamstrings and lower back. However, if you're an



endurance cyclist looking to improve your acceleration or climbing, put unilateral exercises with a full range of movement at the core of your workout - dumbbell or barbell lunges, for example.

Action plan

People often overlook the importance of having a plan. If you just turn up to the gym

and hop on and off the machines you'll get nowhere and possibly even get injured, especially if you go too heavy too soon. I've always done gym training, but early in my career I would only class it as a decent session if I could barely walk after. The effect was that my next track session would be very low-quality. Once I started tweaking my sessions to make them work with the rest of my programme, my times on the track improved massively.

For cyclists, weight training certainly isn't a replacement for getting out on the bike - you still need to spend lots of time in the saddle - but if you supplement your training with some good-quality gym work, it's going to benefit you in the long run.

Chris Hoy is an elite consultant for sports nutrition company Science in Sport and uses the new SiS Whey Protein. Visit scienceinsport.com

LONG-DISTANCE LIFTS

Four rounds of Chris Hoy's circuit with minimal rest will build power without adding bulk

SQUAT

REPS 10

Don't go too heavy. 'This isn't about trying to improve your one-rep max - that's not vital for endurance athletes,' says Hoy.

JUMP SQUAT

REPS 10

Unlike a squat, you don't need to go deep. 'Keep your thighs above parallel to the floor,' says Hoy. 'Concentrate on jumping as high as possible.'

STIFF-LEG DEADLIFT

REPS 10

Despite the name, keep a slight bend in your legs. 'Be careful not to lower the weight too far,' says Hoy. 'You'll round your back and risk injury.'

LUNGE

REPS 10 EACH SIDE

'Unilateral exercises force you to engage your core,' says Hoy. 'Focus on technique - stay upright and keep your core tight throughout each rep.'



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ME NUTRITION EXPERT

Can I eat bread and still have a six-pack?

If you're smart there's room in your stomach for bread and washboard abs

Nate Miyaki is an author, coach and nutrition expert who works with professional athletes and models, as well as people simply looking to lose weight and improve their health. Here he explains why you don't necessarily have to bin bread forever to get a six-pack.

Obvious things first - it's not as simple as opting for brown over white bread. Being able to eat bread and avoid getting a doughy mid-section depends on your metabolic condition, the type and amount of training you do and whether you're hitting your ideal calorie and macronutrient targets.

Dos and doughn'ts

Are you overweight or living a sedentary life? If so, bad news. Such people tend to have poor insulin sensitivity, blood sugar control and nutrient partitioning abilities.



That's a scientific way of saying carbs have a harder time getting into the muscle cells and are likely to be stored as fat. If this is you, a lower-carb diet is better for improving body composition and health, so the traditional daily breaking of bread is less advisable.

Training frequently at high intensity changes everything. If you strength train, cross-train or compete in intermittent sprint sports, you need carbs. They're the best way to fuel training sessions and recover from

them. But if you also want to walk around with a six-pack, you need to consider total calories and food quality too.

To lose fat and get lean, you need to be in a calorie deficit (see box below). And if you train hard and maintain a consistent calorie deficit, you can include bread and other starchy carbs in your diet.

Emphasising good food choices - whole, natural foods instead of highly processed foods - improves the health benefits of your diet, improves nutrient density and reduces hunger, which makes staying in a calorie deficit easier. With that in mind, foods that are less refined such as potatoes, yams and rice are better primary sources of starchy carbs than bread.

Roll with it

So if you do decide to have bread on occasion, which is best? It depends. Assuming you're in calorie deficit, training hard and eating it alongside protein, the glycaemic load matters less than it would for sedentary people. So your choice of dough doesn't need to be significantly influenced by that.

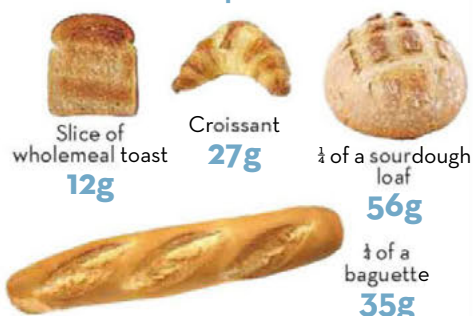
The main consideration is tolerance. Some grains can affect digestion and mineral absorption. Find out what you can and can't tolerate by trial and error. Perhaps due to the fermentation process, sourdough seems to be the least problematic. That doesn't mean you can gorge daily on sourdough-base pizzas, but as a cheat meal, you could do a lot worse.

The Truth About Carbs by Nate Miyaki is available now

SLICE OF LIFE

Eat bread while staying in calorie deficit to earn a six-pack

1. Work out your daily calorie requirement for fat loss. This is around 27.5 per kilo of lean body mass, so 2,200 for an 80kg man.
2. You also need around 2g of protein per kilo (160g for an 80kg man) and 25% of calories should come from fat (60g).
3. The rest should come from carbs, which adds up to 380g (adjust this amount based on your fat loss results). Here's a guide to how much bread that allows you...



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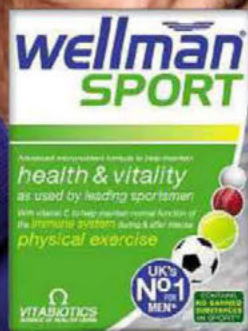
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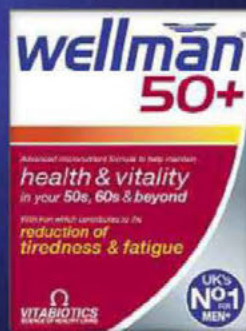
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Do I need to learn a specific running form?

Chi and Pose running techniques are all the rage, but will they make you a better runner?

YES

says Danny Dreyer, co-founder of ChiRunning and an accomplished runner who has completed 40 ultramarathons injury-free in the past 20 years



NO

says Stephen McGregor, director of the Running Science Lab at Eastern Michigan University and consultant to major running device manufacturers



The idea that you wouldn't want to examine and potentially improve your running form is strange. Not just from the point of view of getting faster but because there's a tremendous amount of force going through your body with each stride, and injuries among amateur runners are common.

I've worked with runners for 30 years and have been teaching my own running form since 1999. In my experience and that of most people I've taught, ChiRunning reduces injury and augments performance by improving efficiency of movement. ChiRunning uses a mid-foot strike and encourages a forward lean by using gravity to help pull a runner forward instead of relying solely on propulsion by the lower limbs.

This idea came from tai chi, where you're taught to move

from the centre. When I combined this principle with running I found that my legs didn't have to work as hard. Most running injuries occur from the knee down because you're relying on relatively small muscles to propel your whole body. ChiRunning puts most of the workload where the large, stronger muscles are: the core. Doing this eases the smaller muscles' workload.

'MY STYLE USES A MIDFOOT STRIKE AND GRAVITY'

Some people may have naturally brilliant biomechanics, but that doesn't mean they can't improve the efficiency of their running. Whether you use a specific form such as ChiRunning or you simply try to alter your stride in some way, it's worth experimenting. And if you find that you're frequently injured, you've got nothing to lose by trying something different.

chirunning.com

Is form important for running economy, speed and a lowered injury risk? That's a hot area of debate. Our lab, among others, has been investigating this question for years with no clear evidence that any one running style is best for speed and economy. For most recreational runners, running style is low on the list of items that could help them go faster - a position seemingly justified by a study conducted by USA Triathlon, which showed that when sub-elite triathletes focused on changing their running technique toward a particular style for 12 weeks, their running economy actually got worse.

That said, there can be value in modifying running form. In our laboratory we're currently working with triathletes who hope to compete in the Rio Olympics in 2016, help-

ing them 'tweak' their running form to hopefully make the 1-2% improvement in performance that can be the difference at elite level. We assess

changes over time to ensure things are going in the right direction. We're not recommending fast or wholesale changes that would put them

into a 'form box', but small changes to weaknesses we see from our measurements.

But in most healthy individuals, the improvements that can come from the changes are overstated and, without an individually tailored approach, can even be counter-productive. Most runners just don't need to learn a specific form. For most people, running improvements come from consistent training with rational incremental increases in volume and intensity.

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Words Matt Huckle
Photography Joel Anderson

BUILD A FIGHTER'S BODY

Want a mixed martial artist's body without the broken bones and bruises? Try the programme that's taking the fight world by storm - no sparring required

In mixed martial arts, 'less' isn't a word you hear often. With dozens of skills to master and a blend of explosiveness, endurance and strength needed in every bout, fighters almost always aim for more: cramming in a lifting session after sparring, or half a dozen hill sprints on technique day. The work ethic is awe-inspiring, but the dangers of overtraining and injury are ever-present. And, says fight coach Joel Jamieson, it doesn't have to be that way.

'Mixed martial arts is all about balance,' says Jamieson, who has been training fighters for over a decade. 'Conditioning - which means improving your work capacity - is about more than just building mental toughness with a "how hard can you go" approach. You do have to train hard, but you can only do so much.'

Since starting out in 2003, Jamieson has worked alongside top MMA coach Matt Hume - trainer of current UFC flyweight champion Demetrious Johnson - and has got some of the

greatest ever fighters into shape, from former middleweight champ Rich Franklin to current UFC welterweight champ Robbie Lawler. But while his advice is obviously invaluable, that doesn't mean you should train exactly like one of his fighters.

'The highest-level guys are training eight to ten times a week,' says Jamieson. 'We can't expect someone working a nine-to-five job to put the same time in, so the volume in this plan is toned down a little. But that means you can up the intensity.'

PERFECT BALANCE

This training programme is designed to strike a balance between volume, intensity and rest. According to Jamieson, if the variables are skewed in the wrong direction, the result is either a plateau or overtraining, where progress can go backwards.

'Although each workout includes exercises that will challenge the entire body, each has a different emphasis,' says Jamieson. 'Workout one is focused on lower-body move-

ments, workout two targets the upper body and workout three emphasises total-body explosive power.' This means you work your entire body efficiently across the week without exposing yourself to overuse injuries.

'This balance should extend to your diet,' says Jamieson. 'You obviously want whole natural foods, not junk. I don't believe athletes should be on low-carb or high-fat diets. You want about 1g of protein per kilo of body-weight and somewhere in the range of 20% of your total calories from fat. The rest of your diet is made up of carbohydrates, based on the amount of activity you're doing that day.'

Strength and conditioning for MMA is still a fairly new science. 'If it was easy you wouldn't see fighters running out of steam halfway through a fight,' says Jamieson, who is leading the charge with a scientific approach. So forget the tough-guy workouts and train with balance. You don't even have to worry about black eyes.

For more training expertise from Joel Jamieson, visit 8weekssout.com

HOW TO DO THIS WORKOUT

'The number of sets and reps is given as a range, and you should use the upper or lower ends of the range depending on your level of fitness,' says Jamieson. 'If you can't manage the higher levels, first reduce the number of sets and then the number of reps.' The workouts should be performed for four to six weeks. 'When combined with a high-quality nutrition programme, the result will be an increase in overall strength, power, muscle mass and general fitness,' says Jamieson. Use a weight that is challenging but allows you to complete each set.



SESSION 1 **LOWER BODY**

Warm up with two sets of ten bodyweight squats, two sets of ten glute bridges and two sets of ten arm swings. Perform exercises 3A and 3B as a superset, which means you complete a set of the first exercise and go straight into the second move without resting. Rest as indicated, then do the first exercise again.



1 **SPRINT INTERVALS**

SETS 1 REPS 10-15 REST 1MIN

Run at 70% of your max speed on the balls of your feet for ten seconds, keeping your chest up and pumping your arms to help generate momentum.



2 **BACK SQUAT**

SETS 4-6 REPS 5-8 REST 3-4MIN

With your feet just wider than shoulder-width apart, rest the bar on the backs of your shoulders. Keeping your chest up and core braced, squat down until your thighs are at least parallel to the floor. Drive back up through your heels to stand.

This lower-body workout will help increase the power in your legs. In MMA, strong legs are important for everything from shooting in for a takedown to punching harder. In other sports, strong legs will help you make powerful movements.



3A DUMBBELL LUNGE

SETS 3-4 REPS 10-12

Stand tall, holding a dumbbell in each hand. Keeping your core braced, take a big step forward and lunge until both knees are bent at 90°. Push off from your front foot to return to the start position. Repeat with your other leg.



3B DUMBBELL SINGLE-LEG DEADLIFT

SETS 3-4 REPS 8-10 EACH SIDE REST 1-2MIN

Stand with a dumbbell in each hand. Raise one foot and bend at the hips to lower the weights, keeping your back straight and core braced, and at the same time extend one leg straight out behind you to target your hamstrings. Return to the start and repeat with the other leg. Alternate sides and keep a slight bend in your standing leg throughout.



4 PULL-UP

SETS 2-3 REPS 6-8 REST 60-90SEC

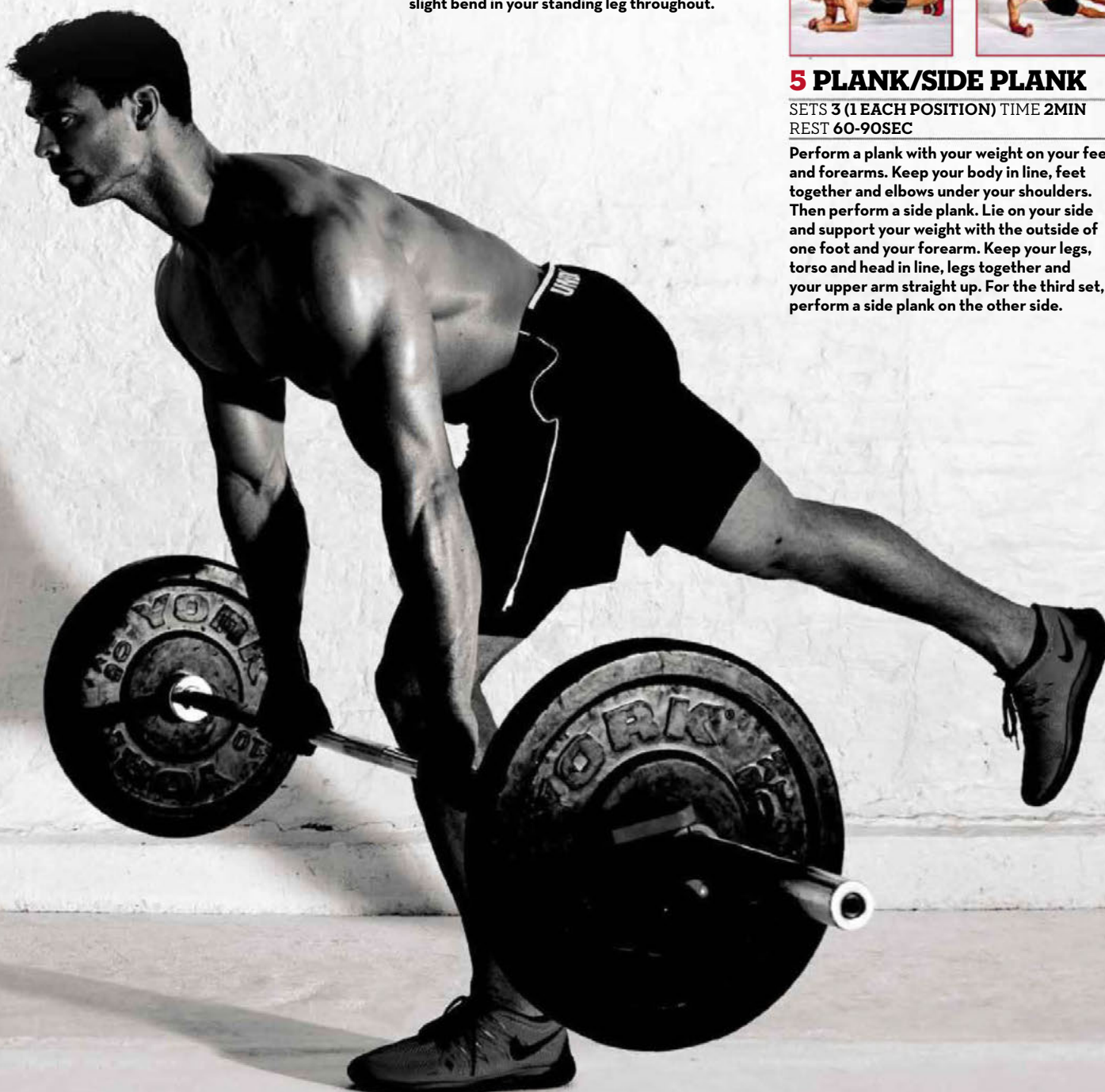
Grasp the bar with an overhand grip, palms facing away from you. Pull up until your chin is over the bar, then lower under control.



5 PLANK/SIDE PLANK

SETS 3 (1 EACH POSITION) TIME 2MIN
REST 60-90SEC

Perform a plank with your weight on your feet and forearms. Keep your body in line, feet together and elbows under your shoulders. Then perform a side plank. Lie on your side and support your weight with the outside of one foot and your forearm. Keep your legs, torso and head in line, legs together and your upper arm straight up. For the third set, perform a side plank on the other side.



SESSION 2 **UPPER BODY**

Warm up with two 20sec sets of high knees, then three rounds of six overhead presses, six bent-over rows, six lateral raises and six front raises, all performed with light weights, resting 90sec between rounds. Perform exercises 3A and 3B and 5A and 5B as supersets.



1 MEDICINE BALL WALL THROW

SETS 5-6 REPS 5-6 REST 45-60SEC

Hold the medicine ball in both hands at chest height. Extend both hands forwards, throwing the ball at the wall.



2 PULL-UP

SETS 3-4 REPS 8-10 REST 2-3MIN

Grasp the bar with an overhand grip, palms facing away from you. Pull up until your chin is over the bar, then lower yourself under control. Add weight if possible.



3A DUMBBELL BENCH PRESS

SETS 4 REPS 6-8

Lie on a flat bench holding dumbbells with an overhand grip either side of your chest. Drive your feet hard into the floor and press the weights straight up, then lower them slowly to the start position.



3B EXPLOSIVE PRESS-UP

SETS 4 REPS MAX IN 10SEC REST 1-2MIN

Start with your hands shoulder-width apart and body straight from shoulders to heels. Lower your chest towards the floor until your elbows reach 90°, then press back up hard so your hands leave the ground.



4 DUMBBELL ROW

SETS 3 REPS 8-10 EACH SIDE REST 60-90SEC

Place one knee on the bench and plant the other leg wide for balance. Keep a natural arch in your back and your core braced. Lift the dumbbell slowly to the side of your abs, keeping your elbow tucked in. Pause and return very slowly. Complete all reps on one side, then the other.



5A BARBELL BICEPS CURL

SETS 3 REPS 10-12

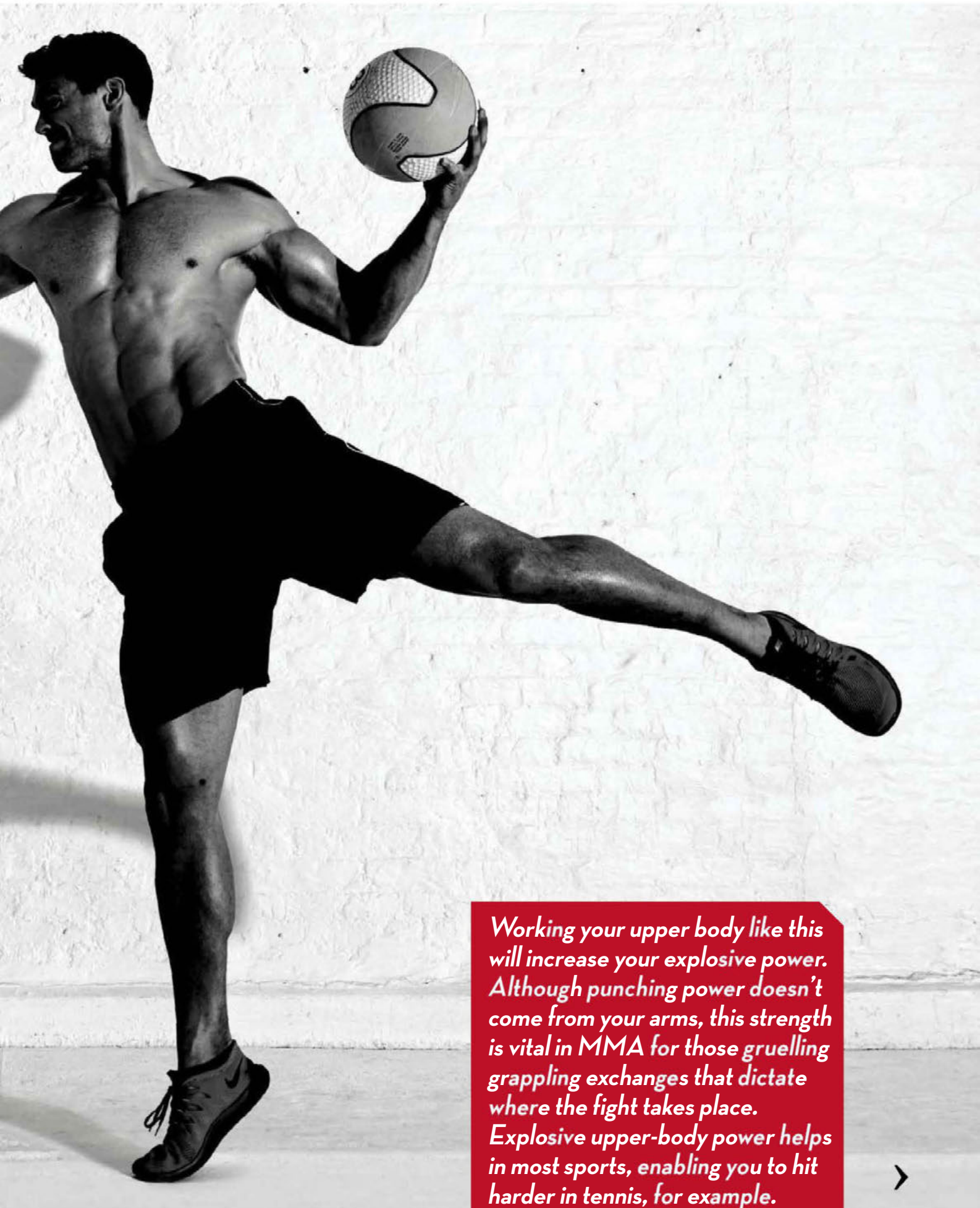
Hold the barbell with your arms straight and your palms facing forward. Keep your elbows close to your sides as you curl the bar up to your chest. Squeeze your biceps hard, then lower the weights slowly.



5B BARBELL OVERHEAD PRESS

SETS 3 REPS 8-10 REST 1-2MIN

Grip the bar with your hands just wider than shoulder-width apart. Press the bar up over your head, locking your arms, then lower it back to shoulder level.



Working your upper body like this will increase your explosive power. Although punching power doesn't come from your arms, this strength is vital in MMA for those gruelling grappling exchanges that dictate where the fight takes place. Explosive upper-body power helps in most sports, enabling you to hit harder in tennis, for example.

SESSION 3

TOTAL BODY

Warm up with two sets of ten bodyweight squats, two sets of ten glute bridges and two sets of ten arm swings. Perform exercises 4A and 4B as a superset.



1 BOX JUMP

SETS 4-5 REPS 6 REST 1-2MIN

Stand facing a thigh-high box. Jump powerfully onto it, using your arms to generate momentum if you need to and bending your knees to soften your landing. Stand, then step rather than jump down.



2 KETTLEBELL JUMP SQUAT

SETS 3-4 REPS 5-6 REST 45-60SEC

Holding fairly light kettlebells, squat down until your thighs are at least parallel to the floor. Then jump up explosively. Bend your knees to cushion your landing and continue into a squat for the next rep.



3 BATTLE ROPES

SETS 3-4 TIME 30SEC REST 1-2MIN

Grip the ropes tightly and raise your hands high above your head. Using your back and core muscles, powerfully bring your arms down and slam the ropes into the floor hard to create a wave, sinking into a shallow squat as you go. Return to the start.



4A BARBELL DEADLIFT

REPS 2-3 REPS 8-10

Hold the bar in a shoulder-width mixed grip, with arms straight and feet under the bar. Keeping your chest up and back straight, drive through your heels to pull the bar up your body and push your hips forwards to stand tall.



4B PULL-UP

SETS 2-3 REPS TO FAILURE REST 2-3MIN

Grasp the bar with an overhand grip, palms facing away from you. Pull up until your chin is over the bar, and then lower under control.

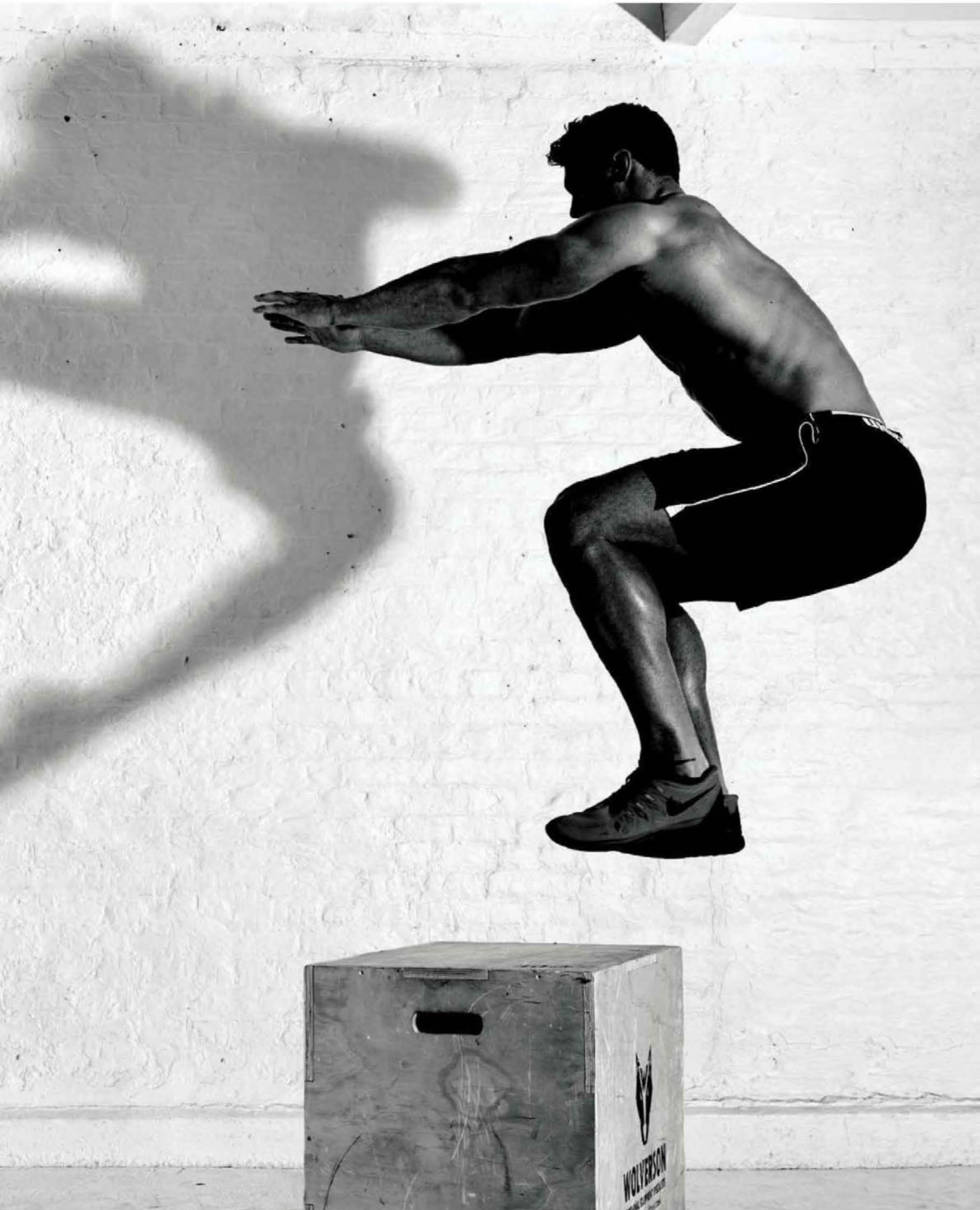


5 KETTLEBELL SWING

SETS 3-4 REPS 15-20 REST 45-60SEC

Stand with feet just wider than shoulder-width apart and push the kettlebell off your body to start the swing. As it comes down, hinge at the hips by pushing your glutes back. When you feel a stretch in your hamstrings, drive your hips forward, allowing the bell to rise to head height. □

A total-body workout is great for building balanced strength and explosiveness. In MMA, explosive power is great for moves such as flying knees, and it will also help you change direction and accelerate quickly in other sports.



Words James Witts

FURTHER, FAS

Endurance training is about more than just grinding out the distance. These ten



TER, *BETTER*

sessions won't just make you trainer harder – they'll help you train smarter

No matter what distance you want to race – whether it's a local 5K or a desert ultramarathon – your first target should be to get to the finish. And doing that isn't as simple as pounding the pavements until you've got the distance under your belt. There are all sorts of training tweaks and off-road workouts you can do to improve your endurance. MF picks the most effective ones for any runner.

1 KEEP YOUR MOUTH SHUT

Are you panting like a labrador within seconds of lacing up your shoes? There's a more efficient way to train – and it involves going slower. Enter Pavel Tsatsouline, former PT instructor for the Russian special forces – not a group you'd expect to take it easy on training runs.

'Nose-only breathing was stressed in my unit,' says Tsatsouline. 'They sometimes had us run with a mouthful of water. Russian marathoners hold a handkerchief in their teeth for the same purpose – to prevent panicky and inefficient mouth-breathing.' You don't have to go this far – just focusing on nose-breathing will be fine. But less oxygen means less fuel, so be prepared to go at a slower pace until your body starts to adapt. This is an example of 'self-limiting' exercise – it keeps your heart rate low, allowing you to recover faster. And you'll be able to let it rip when you start mouth-breathing again.

PLANNING YOUR SESSION

Make one of your longer endurance sessions 'nose only' each week. If you can't because you've got a broken nose or a cold, or you can't master the technique, use your heart rate to achieve the same thing. Stay at 60-65% of your max – it'll feel slow, but you'll recover fast.

2

ASCEND TO THE GODS

It may be painful but off-road hill running improves both your endurance and your leg strength. 'I should preface these workouts by stating that they'll find you out, so avoid them if you have hip, glute or hamstring injuries,' says Ceri Rees, three-time winner of the Kielder Marathon, a unique undulating course that's notorious among endurance runners.

Find a hill that includes an 800m stretch with a gradient of between 8-15%. 'Mine is a hill just outside Totnes in Devon, which takes about 2min 40sec to run up,' says Rees. Power up it, then jog down to recover. The aim is to retain form, so ease back if your quads scream blue murder. When you can do five or six without dying, you're in good shape.

'Whatever hill you decide to run up, just remember to wear shoes with the appropriate grip,' says Rees. 'Salomon Fellraisers are great for grassy fell, while Inov-8 Talons are good for rocky descents.'

PLANNING YOUR SESSION

'Do these no more than twice a month because they encourage tightness in the main muscle groups,' says Rees.

3

TRY A KENYAN DAY

This is particularly relevant to triathletes seeking to boost their run. It comes from former world champion Tim Don, who recently finished third at the World Ironman 70.3 Championships (1.9km swim, 90km bike, 21.1km run), and calls it 'Kenyan' because it's purely run-focused. After waking and having a shot of caffeine - research proves a positive neurological and fat-burning effect - Don works through a gentle 3.5-4km run followed by static lunges to prepare for the more intense runs later in the day. 'Then I jog 3-4km back home followed by porridge and coffee,' Don says.

He ups the ante for the second workout later in the morning - six one-mile (1.6km) reps at a medium-to-high intensity with 75sec recovery. He follows this with a protein/carb meal such as chicken and rice with salad - plus another coffee.

'Then at 5pm, I have my "MMM" session,' says Don. 'It stands for medium, moderate and mad. It's 12min, 12min, 12min, increasing the pace until that last 12min is flat out.' If you can finish the last 3km downhill, it encourages fast cadence even under intense fatigue, which is useful for triathlon finishes.

PLANNING YOUR SESSION

It's extreme, so twice a month is fine. Do it on a weekend day, ideally a Saturday so you can recover on the Sunday.

4

DROP JUNK INTENSITY

'My mantra is "No junk miles",' says Alex Viada, an ultradistance athlete and Ironman who also competes in powerlifting. 'Everyone's workout needs to have a purpose.' For anyone aiming to get to the finish line, this means taking out training sessions that aren't accomplishing anything - those that are too slow to improve your anaerobic base, but fast enough that they hamper your recovery and cause overtraining.

PLANNING YOUR SESSION

To run a fast 5K, Viada recommends four sessions a week.

MONDAY	Light recovery, 2-4km
TUESDAY	Rest
WEDNESDAY	4x800m, 4x1.2km, slightly faster than race pace
THURSDAY	Short race pace run, 2-3km
FRIDAY	Running drills (if needed)
SATURDAY	Off
SUNDAY	Long slow distance, 5-8km

5

ROW TO ANOTHER LEVEL

Hywel Davies is a legend in the cross-training community. He's won over 20 national fitness competitions, completed countless Ironman events and is the only man to have held both the individual and team 100km indoor rowing world records. And it's the latter that remains close to his (presumably mammoth) heart. 'Physically and mentally, the Concept2 is the most demanding of gym machines, working every part of your body, as well as your engine,' he says.

Davies's hurt locker is brimming with workouts that would destroy mere mortals. Thankfully, *MF* readers are made of sterner stuff. Right? 'Set the monitor to 30sec work and 10sec rest. Row fast but not flat out and remember your distance. Now row again but match or beat your score. Keep going for at least ten reps but at the end, think like Rocky - one more round!' And repeat for as many as you can, while still going faster in every round.

The 10sec recovery is enough to stretch your legs but not to recover. By the end, you'll be doing a Redgrave and screaming that you'll never be seen on a rower again.

PLANNING YOUR SESSION

Once a week is fine. Always aim to add one more rep than the previous week, until you can't.



6 BUILD ENDURING EFFICIENCY

An increasing body of evidence reveals that training in a fasted state will make you a more efficient fuel-burner. Speaking at July's World Conference of Cycling Science, leading exercise physiologist Louise Burke revealed that deliberately starving the body of glycogen forces the athlete to draw on fat reserves rather than burning precious and limited carbohydrate stores.

'This is beneficial to endurance athletes because, ultimately, much of your training will be at a level (say around 70% of maximum heart rate) that utilises fat for energy production,' Burke says, before stating that it's easy to integrate. 'One way is to do a long, slow session (over two hours) first thing in the morning on water only. The second is to do a high-quality workout after breakfast when well fuelled. Follow this with a protein-rich/low-carb meal and a moderate-intensity recovery session a couple of hours later.'

PLANNING YOUR SESSION

Only one workout a week should be in a fasted state. As well as its positive effects, training with depleted glycogen reserves can suppress the immune system and make you ill, so less is more.

7 BRICK IT

Duathletes and triathletes carve out huge VO_2 maxes with countless hours of swimming, cycling and running. Most of the time they're done separately but, to maximise gains and mimic the race situation, they're often ticked off one after the other. The most common 'brick', as these sessions are termed, is the bike to run, which works lots of muscles in the lower body.

'One of my favourite sessions is a three-hour ride, featuring a few hills but keeping my heart rate at around 65-70% of maximum,' says South African Kyle Buckingham, who finished in the top 30 at the recent Ironman World Championships, putting him among the fittest athletes in the world. 'That doesn't sound like a lot but it really builds endurance.'

'Follow this with a 30min mid-to-high-intensity run,' says Buckingham. That brief run may not sound a lot but post-bike your legs will feel like jelly. You don't have to be a triathlete to benefit from these, although if you do them for six months you might be ready to race Buckingham in Hawaii.

PLANNING YOUR SESSION

One of these each week is plenty, ideally at the weekend where you have more time to exercise and more time to recover.

8 HIT THE BLOCKS

The usual way to periodise endurance training is to increase aerobic capacity over the winter with long, moderate-intensity sessions. Then in the spring you crank it up, building speed from that foundation of stamina. It's a tried and trusted model, but it has its drawbacks.

'If you're an experienced athlete, it might not provide the physiological overload you need to improve,' says Inigo Mujika, a leading exercise physiologist. 'That's where block periodisation comes in.'

Block periodisation involves mini-blocks throughout the year that focus on one or two aspects of performance. So if you're looking to increase speed, you may load three weeks with speed sessions, with little rest. It's heavy duty but pays dividends.

In a study comparing two groups of cyclists over four weeks, the block group exhibited a 4.6% improvement in VO_2 max, 2.1% quicker time-trial effort and 10% increase in power output, all better than the traditional periodisation group.

PLANNING YOUR SESSION

You need to follow block periodisation for a year to maximise its benefits. Just ensure your body's used to high-intensity sessions before you start.



9 BOOST YOUR TESTOSTERONE

You can get more from an evening race or workout if you undertake a morning burst of exercise, according to research by exercise physiologist Liam Kilduff at the English Institute of Sport. 'If you do high-force work in the morning, like lifting big weights, the raised testosterone levels stay high and allow you to go harder later in the day,' says Kilduff's EIS colleague Jamie Pringle.

PLANNING YOUR SESSION

Do a short morning weights workout without hitting your leg muscles - you'll need them fresh for the race later.

10 FIRE UP YOUR BLOOD

The theory behind altitude training is that in a low-oxygen environment, the body produces more red blood cells to transport oxygen. You have to be over 1,500m to benefit from low-oxygenated air - St Moritz in Switzerland (1,856m) and Font Romeu in France (1,850m) are ideal.

PLANNING YOUR SESSION

The benefits wear off after three weeks, so time your altitude camp for around two weeks before your race. ☐

HOW TO BE HAPPY

It's not about fulfilling your wildest dreams - there are goals you can aim for every day to raise your brain's level of contentment

You can't be happy all the time - and that's not pessimism, but science. 'Unhappy brain chemicals helped our ancestors survive by alerting them to danger,' says Dr Loretta Graziano Breuning, author of *Meet Your Happy Chemicals*. 'Once something causes you pain, your brain keeps trying to avoid it to protect you.' Plus, of course, you need a contrast between good times and bad times - otherwise, how would you really be able to quantify what a good time was?

But that's not to say you can't be happier. If you're anything like the rest of Western society, the chances are that your brain chemicals have been knocked unpleasantly out of line by modern living. Your brain 'learns' to chase things that feel good - which is fine, unless they're terrible for you. Get your chemicals functioning properly, though, and you'll be able to forge good habits while kicking unpleasant or harmful ones to the kerb. Here's how it's done.

DOPAMINE

Often mistakenly called the 'pleasure chemical', dopamine actually regulates everything from movement to attention span - as well as promoting surges of happiness when you ingest cupcakes (or cocaine). It kicks in when you score points in videogames and when you move towards goals. Handle with care.

DO...

○ **Work towards your goals with positive expectations.** 'You can't get promoted every day, but working towards that goal - or even learning to play a musical instrument - will promote dopamine release,' says Breuning.

○ **Set a routine.** Under or over-sleeping can disrupt your body's supply of neurotransmitters, according to a 2002 study in *Neuropsychopharmacology*. Aim for a regular seven or eight hours at the same time every day.

DON'T...

○ **Keep refreshing Twitter.** 'Social media promotes "seeking" behaviour, and dopamine can keep you addicted to seeking information in an endless loop,' says behavioural psychologist Dr Susan Weinschenk. Install an app such as Chrome's Nanny to help you keep your retweeting to an acceptable level.

○ **Be too result-oriented.** 'They're never guaranteed,' says author and entrepreneur James Clear. 'Instead, focus on your working processes - they're within your control.'



SEROTONIN

The mood booster. To oversimplify a bit, serotonin flows when you feel important. Your primitive brain equates that feeling with survival.

DO...

- **Train your brain to feel confident in your own importance.** Easier said than done, but 'power posing' is a good start - instead of sitting hunched, spread out or stand like Superman. Studies suggest it boosts confidence in everything from romantic situations to job interviews.
- **Eat cherries.** 'Drinking a glass of sour cherry juice, or eating about 20 red tart cherries, before retiring at night may help induce a deeper state of sleep and support healthy kidney function,' says Mark Konlee, author of the *Immune Restoration Handbook*. Have a scoop of cottage cheese with your cherries for glutamine and calcium lactate, which also encourage serotonin regeneration (and sleep).

DON'T...

- **Hit the sugar.** 'I've heard people recommend a sweet treat to boost mood,' says nutritionist Mark Sissons. 'Carbs are a quick fix but do nothing to stimulate long-term serotonin production.'
- **Focus on others for your sense of importance.** 'Imagine that people respect you instead of assuming the worst,' says Breuning. 'It's probably closer to the truth.'

OXYTOCIN

This has been called the 'hug hormone', but it's more complicated than that. High levels are associated with physical contact, trust and co-operation - but some researchers have suggested that it can also cause people to cling to *any* form of social contact.

DO...

- **Focus on the trust you have with existing friends.** 'You can build trust with anyone by making the steps small enough,' says Breuning. 'Create expectations that both parties can meet, and repeat, again and again.'
- **Go dancing.** In one study, it raised subjects' oxytocin levels by 11%. Karaoke had a similar effect - but only when done with friends.
- **Do something 'moderately stressful'.** Physical activity and watching a horror movie both qualify. Studies suggest that when done with friend this has a bonding effect.

DON'T...

- **Throw yourself into relationships.** One going wrong is not worth it for the quick hit. And although bonding with pets can trigger oxytocin, there are probably better reasons to get a dog.

ENDORPHINS

The pain blocker. Endorphins let our ancestors cope with the anaerobic demands of running from sabretooth tigers - and they give you an exercise high. The catch? It only happens when you exceed your limits - so work hard.

DO...

- **Keep workouts short and intense.** 'Try 30/30 rows,' says trainer Pieter Vodden. 'Do 30 seconds' rowing, then rest for 30 seconds, for eight minutes in total. Aim for 160m in each interval.'
- **Train with friends.** A 2009 study found that college rowers who worked in synchronisation experienced a greater hormone boost than those who trained alone.
- **Eat a curry.** Capsaicin - the compound that makes chilli peppers hot - binds to pain receptors in the mouth, triggering your endorphins.

DON'T...

- **Just push, push, push.** 'Creating pain to enjoy endorphins is a bad strategy,' says Breuning. 'Varying your routine can create endorphins without unnecessary stress.' □

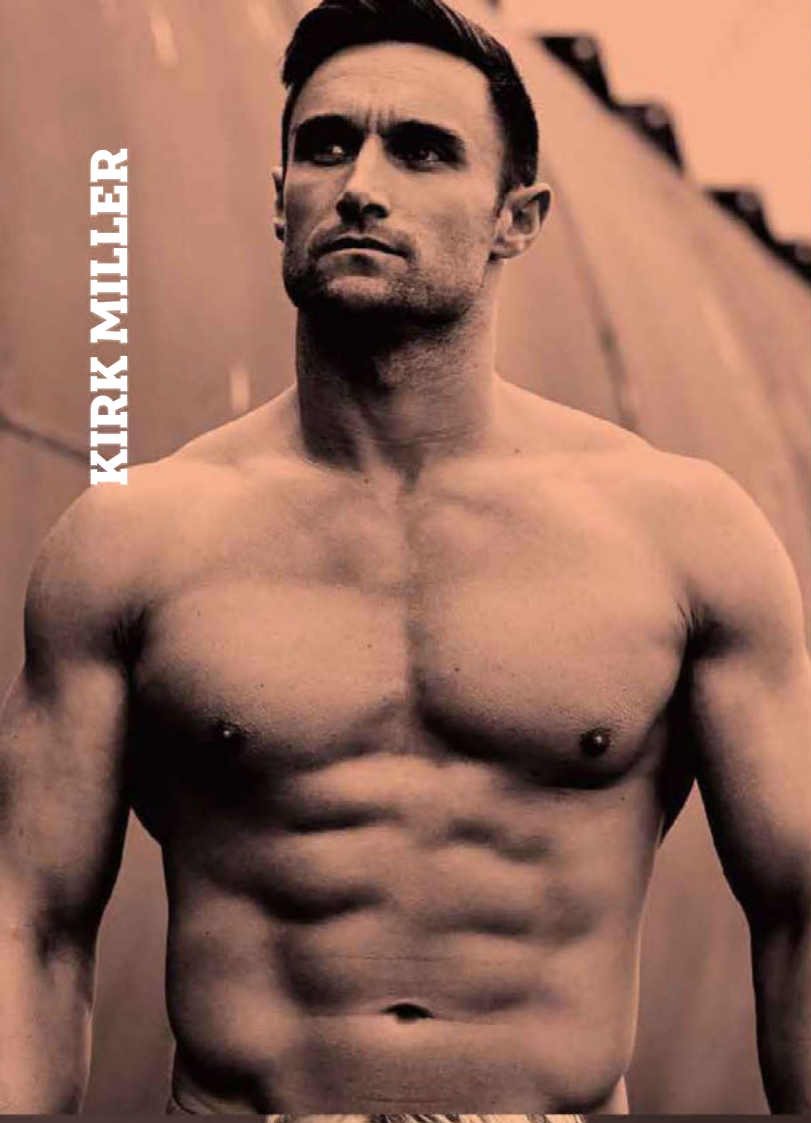


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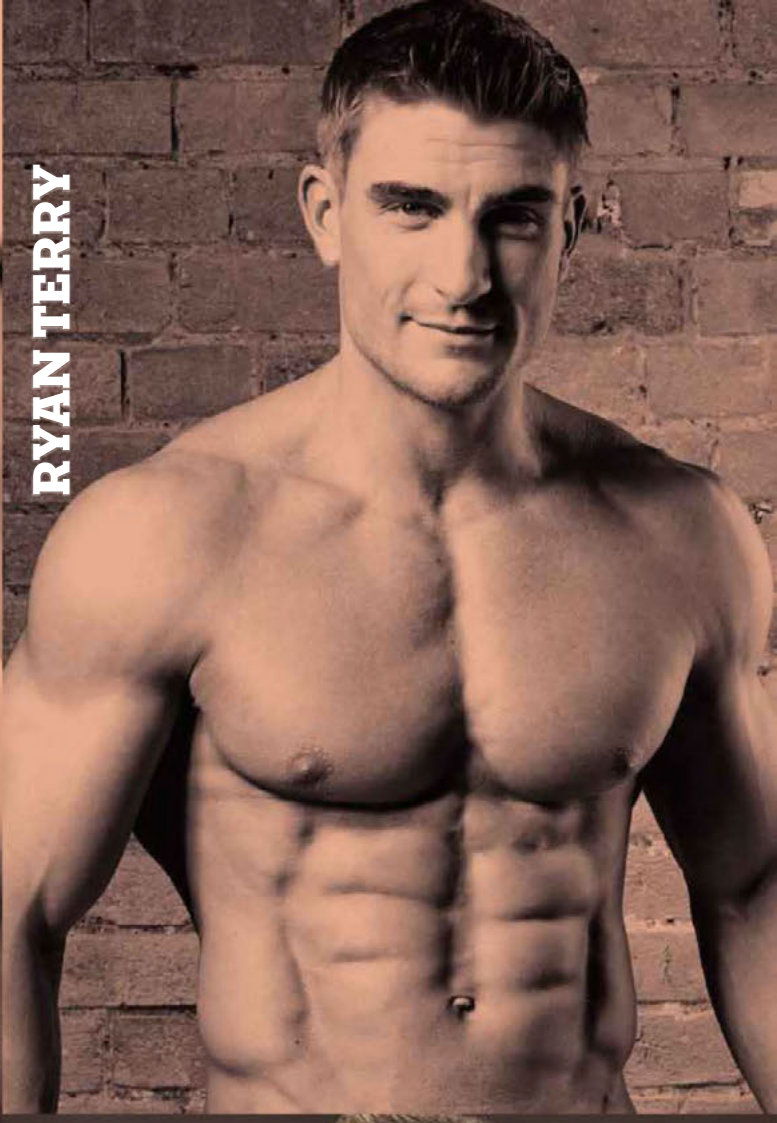
GET A SIX PACK

Once and for all: how do you get a six-pack? The owners of four the most impressive in the country explain >

KIRK MILLER



RYAN TERRY



SHAUN STAFFORD



JAMES HASKELL





FRONT MAN

Kirk Miller isn't one for shortcuts - but his workouts are brutally effective

'Before I became a fitness model, no-one ever told me point-blank that I wasn't good enough,' says Kirk Miller, whose magazine cover appearance rate is starting to rival Madonna's. 'You don't get that in most jobs. When you're taking your top off for the camera, it's a bit different.'

Miller, of course, puts in the work - which is why he's become one of the UK's most successful fitness models. 'I don't really count calories, but I can probably tell you the macros of most things I eat,' he says. 'Going the extra mile when required is what makes the difference. Doing four workouts in a week instead three, eating clean all day instead of saying, "I'll just cheat with this one thing". Things like that add up.'

It's not a lifestyle for the faint-hearted, as you'll see from his full workout at mensfitness.co.uk/kirkmiller, but Miller is aware of how lucky he is. 'There's always someone who'd rather be doing what you're doing,' he says. 'Plenty of people would love to have my job... or just be able to go to the gym at all. That's what I think about when it gets tough.'

LEANING POWER

Miller takes fat loss *seriously*, doing mammoth sessions at high intensity using calorie-torching giant sets. Here are the three moves he regularly incorporates to build his abs muscles and torch fat, giving the kind of lean, ripped look that puts him on magazine covers.

BACK SQUAT

Stand with your feet just wider than shoulder-width apart, resting the bar on the back of your shoulders. With your chest up and core braced, squat down until your thighs are at least parallel to the floor. Drive back up through your heels to stand. Miller says 'No other exercise requires as much physical and mental concentration. The use of so many supporting muscle groups as well as the legs makes this the perfect exercise for fat loss. Make sure you go deep, keeping form strict.'

DEADLIFT

In a shallow squat, hold the bar with a shoulder-width grip and your arms straight. Keeping your chest up and your back straight, drive down through your heels to pull the bar up your body and push your hips forwards to stand tall. Miller says 'Doing low reps with more weight will burn lots of calories after your workout.'

ALTERNATING LUNGE

Take a big step forwards, keeping your back upright and your front knee in line with your front foot. Lower until your back knee is just off the floor, then drive through the heel of your front foot to return to the start. Repeat on the other leg. Miller says 'Not only great for building muscle, but the aerobic aspect of this exercise means it's also ideal for burning fat.'



KIRK MILLER





ANOTHER LEVEL

Ryan Terry uses 60:40 training to make his six-pack positively three-dimensional

I used to be one of those guys who'd train their abs for 20 minutes six times a week,' says Ryan Terry, winner of multiple bodybuilding titles including Mister International. 'I had the shape but never the size, because I was never giving the muscles time to recover. Now I train them like any other muscle group: using heavy weights and giving them three to four days off.'

And he's never looked better. Terry's approach to his abs workouts is characterised by what he calls a 60:40 split. 'I'll go hard on my upper abs one day, doing weighted crunches and hanging leg raises, and lighter on my side abs (transversus and obliques). Then in the next session I'll do the opposite - going hard on the obliques.'

As for nutrition, Terry's less didactic than some. 'I eat five or six times a day, with all my carbs in the first four meals,' he says. 'I'd suggest keeping your diet caveman-style, eating complex carbs and high-energy fat sources such as steak or mackerel. And try setting yourself a four-week goal - if you've got a timeframe in mind, you can stay on track. Just saying, "I want to eat healthier from now on" is unsustainable.'

SIDE EFFECTS

It's not just about six-pack-focused moves for Terry. He adds pop to his midsection by strengthening to his obliques with this short, unweighted - but nasty - circuit.

PLANK

TIME 60SEC

Support your weight with your feet and forearms, keeping your body in line, feet together and elbows directly under your shoulders. Squeeze your abs and core to help you keep your hips up.

Terry says 'I work up to 90 seconds. Once that feels easy, I add a weight plate to my upper back.'



CABLE WOODCHOP

REPS 12 EACH SIDE

Stand side-on to a cable machine with the handle attached to the top, holding it with both hands.

Chop your hands down and across your body in a swinging action. Return to the start.

Terry says 'The secret is to keep it slow and controlled. Don't add too much weight - just make sure you're getting as much time under tension as possible.'



RUSSIAN TWIST

REPS 10 EACH SIDE

Sit holding a medicine ball in front of your chest with both hands. Keeping a slight bend in your legs, tense your core and slowly twist to either side without letting the weight or your legs drop.

Terry says 'Again, slow and controlled is the key. You can do these with a weight plate or kettlebell too.'



RYAN TERRY



SHAUN STAFFORD

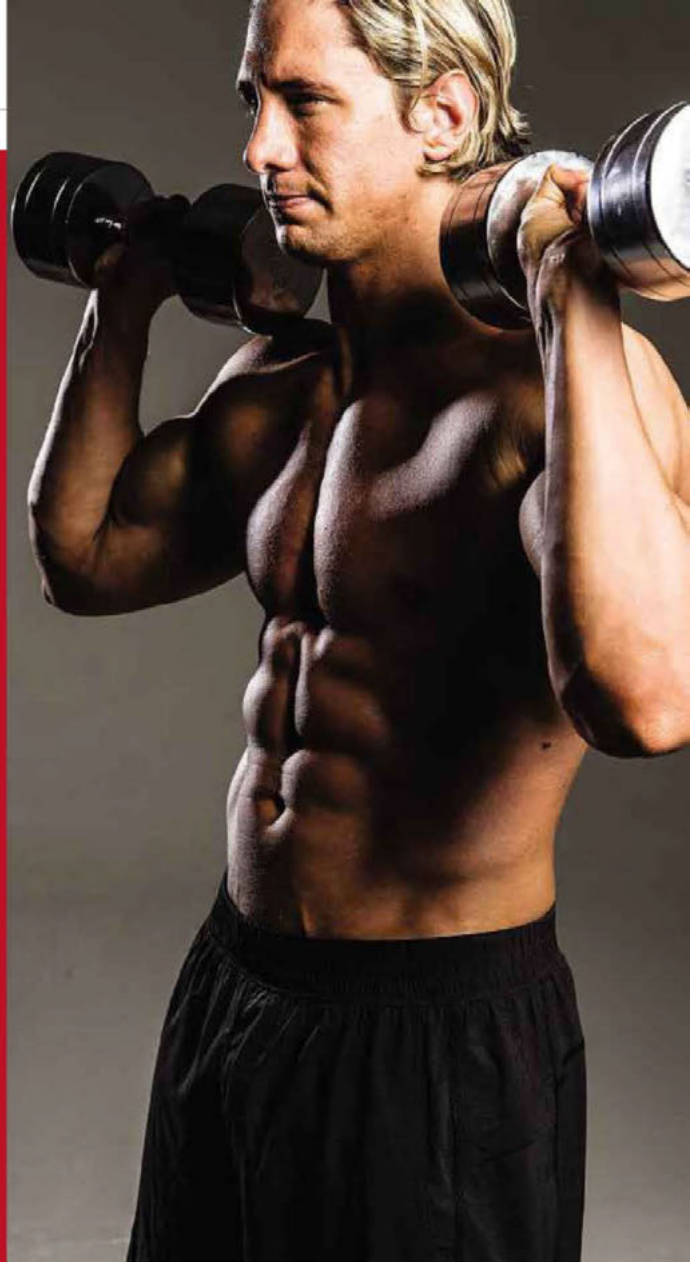


LEAN MACHINE

Shaun Stafford makes abs-building a science, with his cutting-edge approach to macros and his chemistry-driven training plan

It's about putting a bit more effort in,' says Shaun Stafford, owner of City Athletic gym, a regular on the international fitness-model circuit and two-time WBFF Pro world bodybuilding champion. 'Doing that extra workout, staying disciplined and having that extra meal instead of going, "OK, I've had three, I can skip one". Because here's the secret: once you put that extra 10% effort in for long enough, it becomes normal to do that. Then it gets easier.'

It helps, of course, when you know what you're doing - and because he understands the principles behind fat loss and muscle gain, Stafford has faith in his plan. 'My workouts are based on using the body's lactic acid pathways for fat loss,' he says. 'I do a lot of supersets with short rest periods. I hit the gym four days a week, and on other days I do a gentler activity, like playing football or walking the dog. A dog's the best thing you can get for fat loss.' Plus it'll lower the fat-storing stress hormone cortisol. Win-win.



EATING CLEAN

When he's in competition mode, Stafford prepares all his meals with a 40:40:20 split of protein, fat and carbs. Here's a day's worth of recipes from his new ebook *Low Carb Fat Loss Cook Book* (fitbooks.co.uk) so you can do the same.

FAT-BURNING FRY-UP

2 eggs / 2 rashers turkey bacon, chopped / Pinch of paprika / 50g sweet potato, peeled and diced / 50g red pepper, chopped / 50g cherry tomatoes / 50g kale, torn / 3ml coconut oil / Handful of chopped parsley

TO MAKE

Roast the sweet potato at 180°C/gas mark 4 for ten minutes. Heat the oil in a pan. When hot, add the turkey bacon, sweet potato, pepper and tomatoes and cook until they begin to brown. Add the kale and parsley. Cook briefly, then reduce the heat and crack the eggs into the pan. Sprinkle the paprika over the egg and cook until the egg is done.

HAZELNUT ENERGY BALLS

20g chocolate whey protein / 10g hazelnuts, chopped / 10g blended oats / 1tsp raw cacao / 5g almond butter / 15ml coconut milk / Vanilla pod seeds / Sea salt / 3ml honey

TO MAKE

Mix all the ingredients together except the chopped hazelnuts and the coconut milk. Continue to mix while you add the coconut milk slowly. Once the mixture has taken on a dough-like consistency, place it in the fridge to set. When set, separate into 20g lumps and roll them into 20g balls. Place in a bowl with the chopped hazelnuts and turn until the balls are evenly coated.

MUSCLE-BUILDING VENISON BURGER

150g venison mince / 10g sage, finely chopped / 1 clove garlic, finely chopped / 2 portobello mushrooms / 5ml coconut oil / 80g sweet potato / 1 egg / 1tsp rosemary / Salt and pepper

TO MAKE

Heat the oven to 180°C/gas mark 4. Cut the sweet potato into thick chips, mix with rosemary and roast for 20 minutes. Combine the venison, sage, garlic and egg and form a patty. Heat the oil in a hot pan and brown the burger on each side. Reduce the heat and cook for eight minutes each side. Season and roast the mushrooms (stems removed) for seven minutes. Use these as your bun, and top the burger with rocket, tomato, shallots and mustard.

PERFORMANCE FISH AND CHIPS

125g salmon / 50g crushed peas / 80g tenderstem broccoli / 1tsp lemon zest / 100g swede / 1tsp mint / 1tsp rosemary / 2tsp coconut flour / Salt and pepper

TO MAKE

Heat the oven to 180°C/gas mark 4. Cut the swede into thick chips, mix with rosemary, season and roast for 20 minutes. Place the coconut flour into a bowl and season with salt, pepper and lemon zest. Coat the salmon, shake off the excess flour, then roast for eight minutes. Steam the peas, add the mint and crush using the back of a fork. Steam the broccoli and serve.

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PITCH PERFECT

England rugby star James Haskell needs a core of steel with no excess padding on the field. Here's how he gets it

I'm not that interested in aesthetics - I don't have a separate abs day or anything like that,' says James Haskell. Fortunately for him, a by-product of his rugby training is a six-pack that most men who train solely to pose would envy. 'That said, most things I do in the gym will work my abs, whether it's squats, Romanian deadlifts, Turkish get-ups, or more specific stuff such as hanging knee raises.'

As explosive as he is on the pitch, the secret to his sculpted midsection is going slow. 'You've got to keep things controlled,' says Haskell. 'Time under tension is key. Maybe you can do 1,000 crunches and get a six-pack [You can't - Ed], but I've found it's much better to do ten slow ones that really make me work.'

The final piece of the six-pack puzzle? Diet. Haskell has his own supplement company but real, high-quality food is the first item on his list. 'I eat five to six times a day,' he says. 'I'll have something like steak and nuts for breakfast, then have a cooked protein source of around 200g with 300g of carbs in every meal after that. Then I'll take a probiotic, some fish oil and extra protein when I need to top things up.' No-nonsense and highly effective: just like his on-pitch performance.



SLOW BURN

Haskell adds a finishing circuit like this one to his training on strength days. Do three rounds, keeping the reps controlled, not explosive. Rest for a minute between rounds



HANGING LEG RAISE

REPS 10

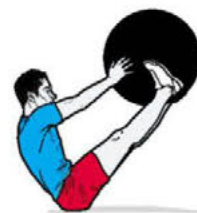
Hang from a bar with your legs straight, then bring them up until they're parallel with the floor. Avoid swinging, and keep the movement slow.



SPRINTER CRUNCH

REPS 10 EACH SIDE

Lie flat on the floor, then perform a crunch. At the top of the move, bring one knee across to the opposite elbow. Again, don't jerk.



GYM BALL V-SIT

REPS 10

Lie on the floor holding a gym ball between your feet, slightly off the floor. Raise your hands and feet and pass the ball to your hands. Lie back down, then reverse the move. That's one rep. □

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WARNING SIGNS

No matter how healthy you are, disease can strike at any time. But as long as you know what to look out for, you can keep the worst illnesses at bay

Ever heard of cyberchondria? It's a form of hypochondria that's fuelled by trying to diagnose your own medical symptoms online. And it's a growing problem. Medical studies have found that 40% of people who consult the internet rather than their GP end up anxious rather than reassured.

So, you have a dull ache in your balls, and you search online. Five minutes later you're convinced you've got testicular cancer. Or you wonder why yesterday's headache hasn't gone and, before you know it, you're reading about brain tumours in a panic.

But while you shouldn't convince yourself you've got a terminal condition based on internet-derived 'facts', you should always be vigilant. Examine your moles, don't ignore persistent pain, and - perhaps most importantly - check your testicles for lumps.

EYE OFF THE BALL

Ex-footballer John Hartson, a former striker with Arsenal, West Ham, Celtic and Wales, was about as far from vigilant as you can be. Although expert with a football, he was anything but when it came to his own balls, ignoring the lumps he'd found until it was almost too late.

'It wasn't until I started suffering horrendous headaches that I went to see my GP and mentioned the lumps,' says Hartson, who was 34 at the time. 'Within days I found out the lumps were testicular cancer and the headaches were the result of a tumour. I'd waited so long to get checked that the cancer had spread to my lungs and brain and I was diagnosed with stage

4 cancer. Had I got the lumps checked when I'd first discovered them, I could have spared myself months of operations and gruelling treatments.'

Hartson - now clear of cancer - later set up the John Hartson Foundation, a testicular cancer charity. 'I was ignorant about the symptoms of testicular cancer and the importance of getting treatment early. I had no idea of the danger I was putting myself in.'

IN A HEART BEAT

Another former player, the current West Ham manager Sam Allardyce, was far more cautious when he spotted early warning signs. In his case it was chest pain.

'I was sunbathing on the beach in Qatar,' says Allardyce. 'I was relaxed but I had this discomfort in my chest. It felt a bit like indigestion but didn't go away. When I got back I went to see the club doctor. He listened to my chest and didn't like the sound of it, so he sent me for more tests.'

And it was just as well he did so, since the specialist discovered an artery blockage. 'The specialist was pleased that I saw him straight away because it stopped me having a heart attack. It could've happened within weeks or months, but it was certainly going to happen if I hadn't addressed the problem.'

In November 2009 Allardyce underwent heart surgery. 'Men think we're indestructible but we're not, and you shouldn't ignore certain warnings from your body,' he says. 'Prevention is better than cure, and if something feels unusual in any way, you must get it checked out.'

PREVENT PAIN

Before you worry yourself sick about warning signs, follow these basic, common-sense tips from Dr Ajai Seth

PERSISTENT HEADACHES

'A type of headache called a primary exertional headache often occurs when lifting weights or swimming. It's caused by changes in pressure of blood vessels in the brain during exercise. Retraining your posture to reduce neck extension - by pulling your chin back and lengthening your spine to a more neutral position - and using proper breathing techniques when lifting heavy weights can eradicate headaches.'

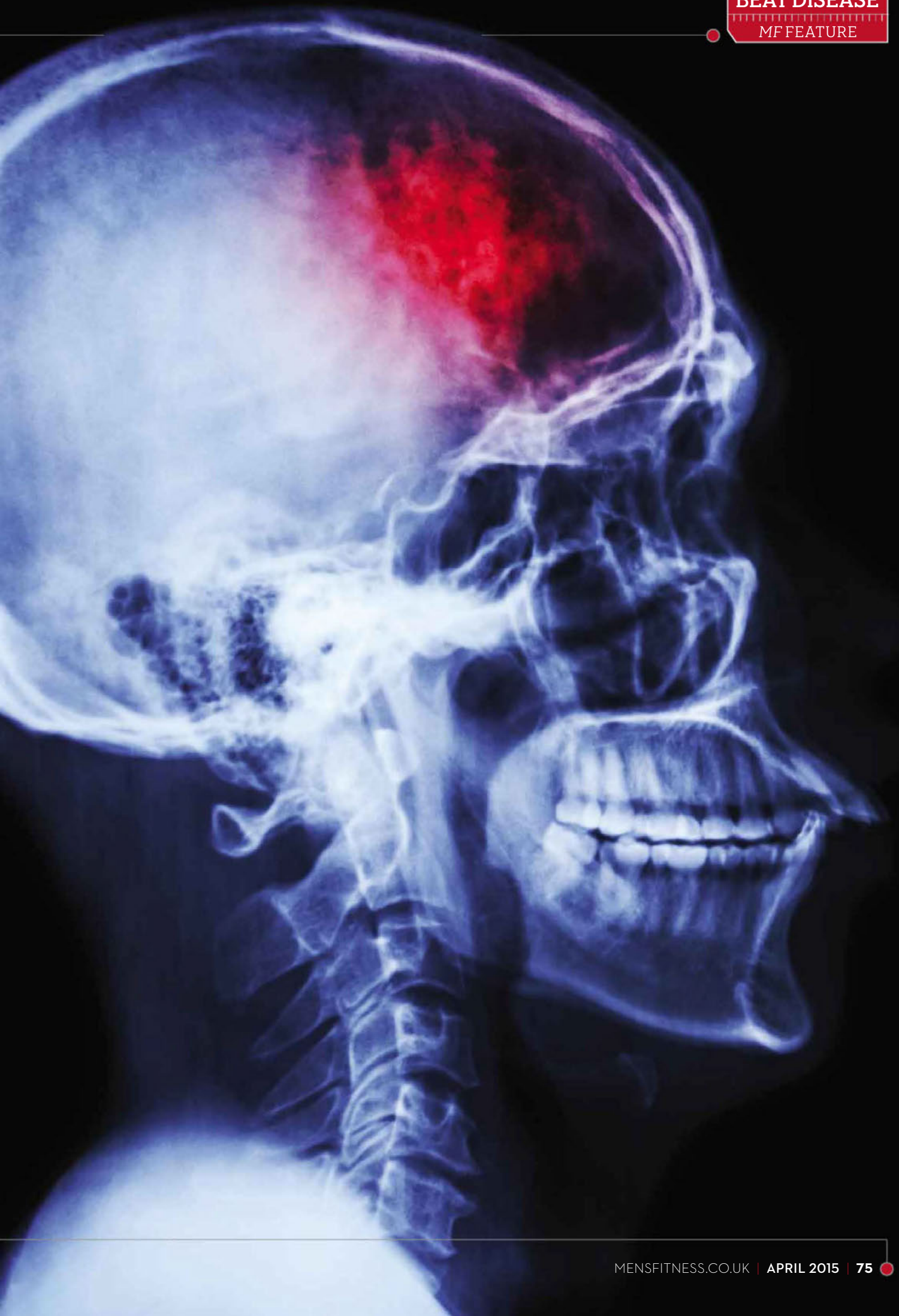
STOMACH ACHE

'To prevent stomach ache, avoid having a solid meal for at least three hours before exercise and always stay well hydrated. This will reduce abdominal pain during exercise.'

BACK PAIN

'Getting biomechanics correct - running or cycle posture - can reduce back pain by transforming the way force is transmitted through your body. Decreasing the amount of time spent seated, either at work, at home or in the car, can also greatly reduce the risk.'

Now turn the page to find out what to do when none of this works for you...





STOMACH PAIN

THE SYMPTOMS

You experience pain in your stomach area that doesn't subside after a few hours.

THE CULPRITS

The most likely explanation is a simple case of trapped wind. But if the pain is sudden and severe, it might be due to appendicitis, gallstones, bleeding ulcers, kidney stones, diverticulitis (inflammation of bowel pouches), gastroenteritis or just a pulled muscle. Long-term or recurring pain can be a sign of irritable bowel syndrome, inflammatory bowel disease, gastritis (inflammation of the stomach lining), urinary tract infections or simple constipation.

WHAT TO DO

If it feels like indigestion, you can treat it with antacids. 'But if it's crippling pain, or you

have a high temperature and it doesn't subside within an hour or two, you should consult your GP,' says Dr Auldrice Ratajczak, deputy medical director at Nuffield Health (nuffieldhealth.com). Your GP may recommend a hospital visit.

NEXT STEPS

Appendicitis is usually treated by removing the appendix, a common and routine operation. It can be done through keyhole surgery unless the appendix has burst, in which case open surgery will be needed. Stomach ulcers are often treated with medication called proton pump inhibitors. Severe gallstones require keyhole surgery to remove the gallbladder. Larger kidney stones can be broken up using ultrasound, or removed through the bladder. Diverticulitis is normally treated with antibiotics.



PASSING CHEST PAIN

THE SYMPTOMS

From time to time you feel pain in your chest - either discomfort or serious pain, spreading to your arms and neck.

THE CULPRITS

Chest pain is usually caused by innocent conditions such as a stitch, pulled muscle or heartburn. More concerning are gastro-oesophageal reflux, costochondritis, or stress. The most serious, however, are angina or heart attack - where you could end up crawling for the telephone to call an ambulance. You're likely to know if you're having a heart attack: that means heavy squeezing on the chest, with pain radiating to your neck, jaw, arms and

back, plus shortness of breath, light-headedness and a feeling of weakness.

WHAT TO DO

Heartburn is a burning pain or discomfort that you get after eating, and can be treated by taking an antacid. To avoid gastro-oesophageal reflux, cut back on booze, spicy food, coffee and chocolate, and try sleeping with your head raised. For any other recurring chest pain you should visit your GP, who may suggest that you have an electrocardiogram. If you suspect you're having a heart attack, 'bypass your GP and call 999 immediately,' says Julie Ward, senior cardiac nurse at the British Heart Foundation (bhf.org.uk).

NEXT STEPS

A pulled muscle in your chest needs rest. Persistent gastro-oesophageal reflux can be treated with prescription medication. With angina, too, it's medication first (often glyceryl trinitrate). If that doesn't work, doctors might recommend a coronary angioplasty (where a balloon and/or tube is inserted in an artery to widen it) or a coronary artery bypass graft (open-heart surgery where a section of blood vessel from elsewhere in your body is used to re-route blood past a blocked artery).

Treatment for a heart attack depends on its severity. Medication might suffice in mild cases. Otherwise you're looking at angioplasty or a bypass graft.



LUMPS IN YOUR TESTICLES

THE SYMPTOMS

On examining your testicles (which you should do at least once a month), you discover a lump.

THE CULPRITS

Lumps and swellings in the gonad department can be caused by many things other than cancer.

These include epididymal cysts (fluid collecting on the epididymis, the tube behind the testicles), epididymo-orchitis (inflammation of the epididymis and testicles), inguinal hernias (where tissue pokes through into your groin), hydroceles (a build-up of fluid) or varicoceles (swollen veins).

A sudden and very painful swelling of a gonad could be due to testicular torsion.

WHAT TO DO

If you find a lump, consult your GP. 'Your job is to find the lump. My job is to tell you what it is,' says Ratajczak. If the doctor is concerned, he or she may send you for an ultrasound scan. Sudden or severe pain should send you straight to A&E.

NEXT STEPS

Epididymal cysts are harmless and normally don't need treatment. Epididymo-orchitis usually calls for antibiotics, while varicoceles are often treated with painkillers and supportive underwear but may need to be operated on. Hydroceles are surgically drained, and inguinal hernias require a routine operation, but testicular torsion is more serious (and a lot more painful) and will need urgent surgery within hours to save the testicle.

Testicular cancer usually means removal of the offending gonad, sometimes followed by chemotherapy and/or radiotherapy. 'The doctor plans your treatment by taking into account the type of testicular cancer and whether it has spread beyond the testicle,' says cancer nurse Robert Cornes of male cancer charity Orchid (orchid-cancer.org.uk).





BACK PAIN

THE SYMPTOMS

Chronic pain in your back - not an obvious recent strain from something such as gym activity or falling off your bike, but pain that persists and gets worse over time.

THE CULPRITS

Most back pain is caused by minor sprains or strains

- which will be familiar to MF readers - or pinched or irritated nerves. Repetitive sports, heavy lifting, slouching at your desk and bad driving posture don't help. Back pain can also be caused by stress (and the accompanying tensed back muscles) or by extra bodyweight straining the back. In extreme cases it may signify frozen shoulder, ankylosing spondylitis, a slipped disc or sciatica.

'Back pain is classically in the lower back,' says Ratajczak. 'If it's moving up the spine and doesn't alleviate when you lie down, and you're also losing weight, it could be something much more serious such as bone cancer.'

WHAT TO DO

When sport and exercise are a major part of your life, you're highly likely to experience back pain. 'Sports that use repetitive impact or twisting - such as running, golf and tennis - put you at a higher risk,' says Dr Ajai Seth, sport and exercise medicine advisor to charity challenge tour company Classic Tours (classictours.co.uk). 'Walking, swimming and yoga can help, as can changing your sleeping position.'

If the pain persists, your GP can refer you to an NHS physiotherapist, but the waiting lists can be interminable. You may prefer to bypass the NHS and head straight for a private physiotherapist or osteopath. There's some evidence that acupuncture can work too.

NEXT STEPS

Sometimes it can seem as if there are as many treatments for back pain in the world as there are backs. GPs are likely to recommend physiotherapy, but the likes of osteopaths and acupuncturists offer various cures, from manipulation to needles. You'll also come across more radical treatments such as laser therapy, interferential therapy, therapeutic ultrasound and TENS machines, but few have been proven conclusively to work.

Trapped or inflamed nerves can be treated with steroid or anaesthetic injections. Surgery is offered when every other remedy has failed. For prolapsed discs you may need a discectomy, where the damaged part of the disc is removed through a tiny incision in your back.



PERSISTENT HEADACHES

THE SYMPTOMS

You suffer from regular, long-lasting, intense headaches.

THE CULPRITS

It is extremely rare that a headache is the sign of a brain tumour. The most common type of headache – tension headaches – can be caused by stress, excessive alcohol, lack of sleep or food, bright sunlight, dehydration, depression or simply noise. Headaches are also brought on by colds, flu or sinusitis. More intense and less common are migraines – triggered by a whole host of possible causes too numerous to mention here. Worst of all are cluster headaches, which cause excruciating pain in one side of the head, often behind the eye. ‘Like being stabbed in the face with a needle is how some people describe it,’ says Ratajczak. Fortunately they’re rare, affecting only one in 1,000 people – most of them smokers, although the exact causes aren’t known.

Headaches could also be a sign of meningitis or carbon monoxide poisoning. If they’re very sudden and agonising, it could be a ruptured brain aneurysm, where a blood vessel in the brain ruptures.

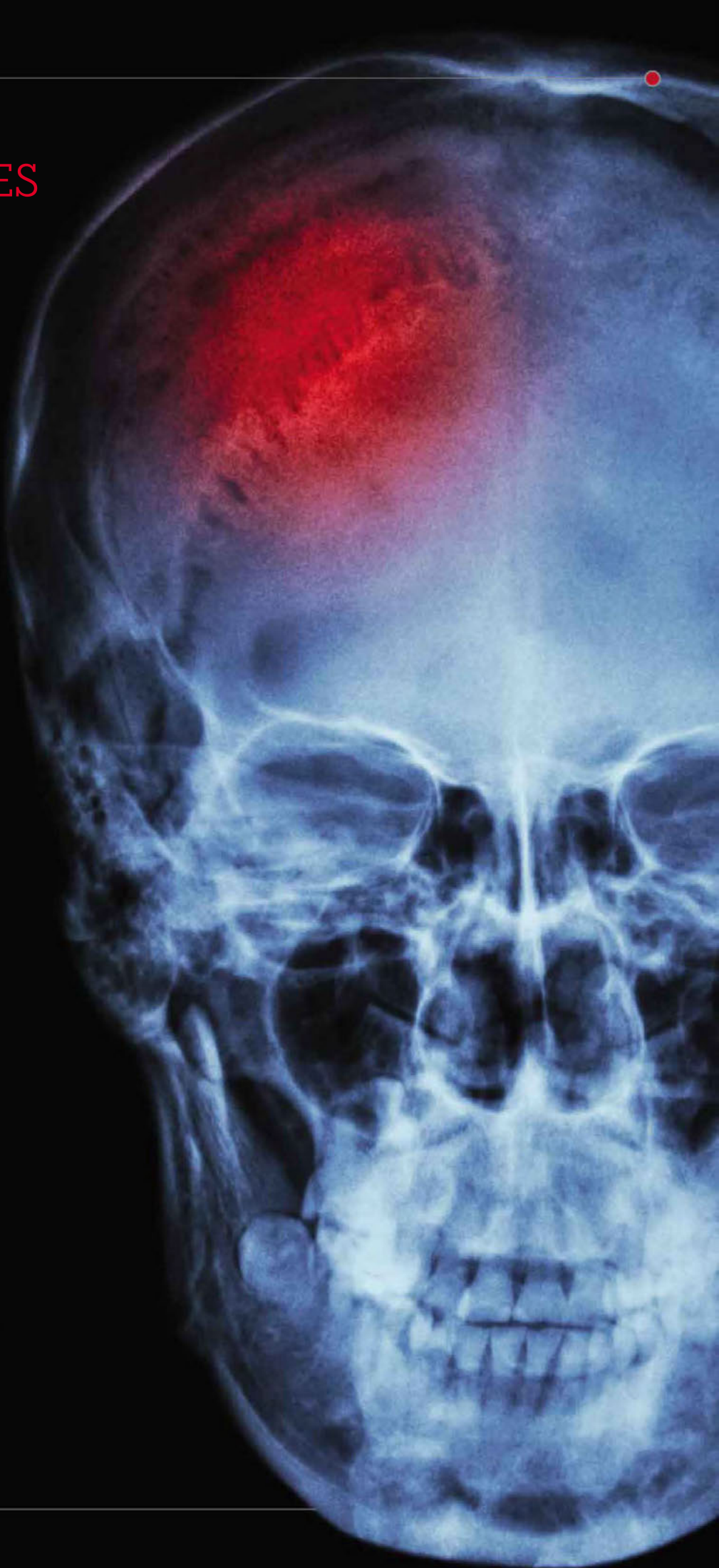
WHAT TO DO

Painkillers and relaxation will sort out most tension headaches. Migraine sufferers can also use stronger medication called triptans (and hide in a darkened room). For cluster headaches you need medical advice. Strong drugs are available. For more serious problems such as meningitis or ruptured aneurysms, or if there’s nausea and vomiting as well as a headache, you should head straight for the hospital.

NEXT STEPS

As well as triptans, which cause blood vessels around the brain to contract, migraines can be treated with something called transcranial magnetic stimulation, using an electrical device that sends magnetic pulses through your skin into the brain. Cluster headaches are treated with various drugs, and occasionally with oxygen therapy, where pure oxygen is breathed through a mask.

If, God forbid, you really have got a brain tumour, surgery is required. ‘Craniotomy is the most common,’ says Bill Carlin, nurse and cancer specialist with Macmillan Cancer Support (macmillan.org.uk). ‘Surgeons remove a small area of bone or skull, remove the tumour – or as much of it as they can – and then follow up the operation with radiotherapy or chemotherapy. □



FREE CHEESE BURGER FROM GOURMET BURGER KITCHEN

We've teamed up with Gourmet Burger Kitchen to offer every reader a delicious 100% prime beef 6oz Classic Cheese Burger

GOURMET BURGER KITCHEN



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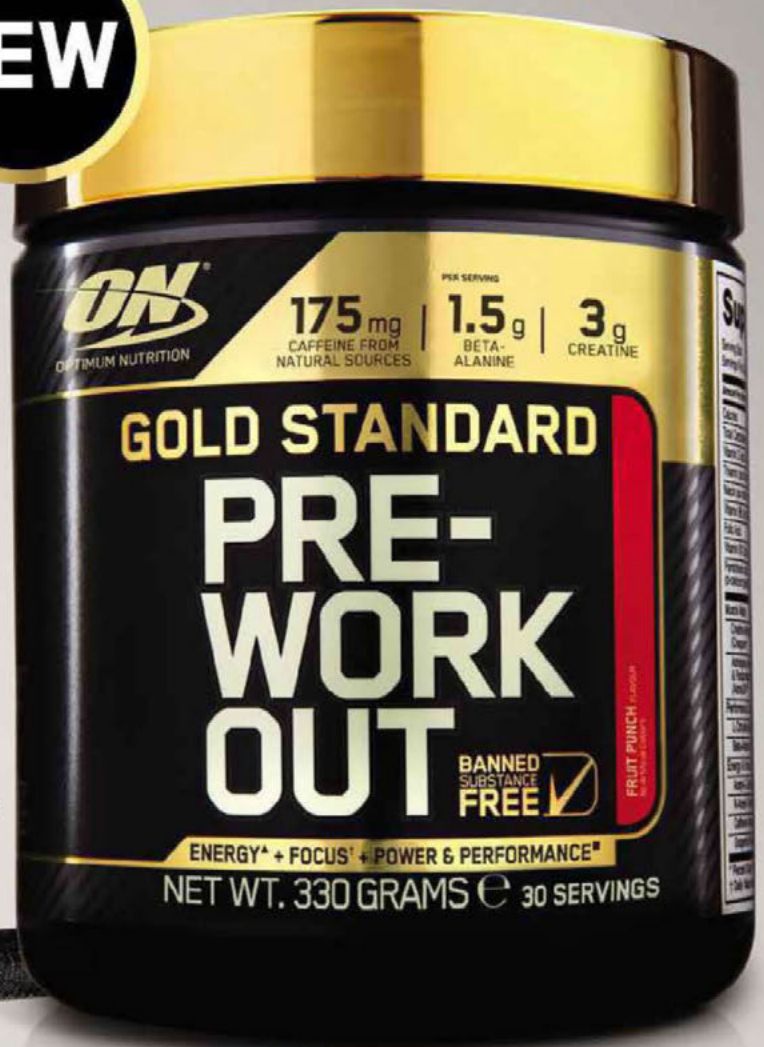
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CORE SERIES REFERENCE GUIDE

WHAT YOU PUT IN IS WHAT YOU GET OUT

THE BASICS OF INGREDIENTS.

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The inclusion of amino acids for accelerated muscle tissue recovery is vital. Best described as isolated blocks that make up whole proteins, the importance of amino acids as the precursors of enzymes and neurotransmitters is often underestimated, and since they can be absorbed faster than whole proteins, they are put to better use for muscle tissue recovery, under certain conditions.

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MORNING	SHAKE	PRE-WORKOUT ENERGY	INTRA-WORKOUT STAMINA	POST-WORKOUT RECOVERY	BEFORE BED RECOVERY

RECIPES

GEAR

SUPPLEMENTS

FUEL

P86 BUILD MUSCLE WITH PANCAKES **P88** MORTAR BULKING **P95** FINDING BRITAIN'S BEST BURGERS
P100 MF TRIES THE WARRIOR DIET **P102** HEALTHY COMFORT FOOD **P106** SIZE-BOOSTING SMOOTHIE

Cracked it

The secret of staying lean as you age is inside a coconut

There's no shying away from it – as you age your metabolism slows, making it harder to stay lean the older you get. But help could be at hand from coconuts, according to a new study published in the journal *Cell Metabolism*. Research at the University of Copenhagen found that a diet high in medium-chain fatty acids – of which coconut oil is one of the richest sources – postponed ageing processes in mice, including weight gain (a separate Princeton University study has shown that rodents' physical responses accurately predicts those of humans). The fatty acids in coconut oil also help to increase your levels of 'good' HDL cholesterol and reduce the risk of high blood pressure. So for fat loss, use a high-intensity kettlebell circuit to fire up your metabolism and let the coconuts continue the good work.



Words Ben Ince Illustration Richard Olsey/NB Illustration

Knockout brunch

PREP TIME
5 minutes
COOKING TIME
15 minutes

Recover from your morning workout and boost testosterone with these indulgent American-style pancakes

It might sound outrageously indulgent, but bacon drizzled with maple syrup can be a healthy meal - as long as you eat it at the right time. The syrup contains sugar, of course, but that's ideal for replenishing your energy levels after a morning workout. It also provides more than 30% of your RDA of manganese, which helps stabilise blood sugar levels to stop the body storing fat,

alongside a hit of testosterone-building zinc (plus the protein from the bacon) to encourage muscle growth. The MF-enhanced version below - created by Michelin-starred chef Adam Gray - also swaps regular flour for wholemeal to help keep you feeling full and avoid hunger pangs. Adam Gray is executive chef at Skylon in London (skylon-restaurant.co.uk)



INGREDIENTS (SERVES 2)

230g wholemeal flour / $\frac{1}{2}$ tsp salt / 50g caster sugar / $\frac{1}{2}$ tsp bicarbonate of soda / 1tbsp baking powder / 530ml semi-skimmed milk / 2 free range eggs / 60ml rapeseed oil / 6 rashers of lean, smoked back bacon / 4tbsp maple syrup

TO MAKE

- Whisk the flour, salt, sugar, bicarb of soda, baking powder, milk and eggs together to make a batter and pour it through a fine sieve.
- Heat a little oil in a non-stick frying pan over a medium heat.
- Spoon the batter into the centre of the pan till it's approximately 1cm high and 5cm wide. Cook the pancake until golden brown on one side,

then flip it. Once it's golden brown on both sides, remove from the pan and place it on a plate.

- Repeat the process to make three more pancakes.
- While the pancakes are cooking, place the bacon rashers under a hot grill. Cook until golden on both sides.
- Place the bacon on the pancakes and drizzle the maple syrup over the top.

per portion

CALORIES
1,053

PROTEIN
38g

FAT
41g

CARBS
136g

NIGELLA LAWSON SAYS...

Try swapping bacon for wafer-thin pancetta, which gives a lighter texture nigella.com

THE HAIRY BIKERS SAY...

Roughly chop and mash a banana then add it to your pancake mix for extra, natural sweetness bbc.co.uk

JAMIE OLIVER SAYS...

For a different flavour and added crunch, sprinkle sweetcorn - fresh from a cob - over your pancakes jamieoliver.com

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MF'S BEST PESTO

1 clove garlic, chopped / 3 handfuls fresh basil leaves / Handful of pine nuts / Handful Parmesan cheese, grated / Extra virgin olive oil / Lemon juice / Sea salt and black pepper

To add extra protein and good fats to your dinner, bash all the ingredients together with your pestle and mortar until you achieve the desired consistency.



Tom Dixon Stone

£149 occa-home.co.uk

This pairs an ultra-stylish brass pestle with a marble mortar that has a curved lip for a firm grip.



Worldmade Molcajete

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The mortar stands on surface-friendly rubber feet while you crush with the ergonomic pestle.



Joseph Joseph Ceramic

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WHITE CHOCOLATE APRICOT

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to my training”

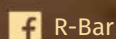
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20g
PROTEIN

10g^{*}
FIBRE

1g^{*}
SUGAR



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* Nutritional values refer to Chocolate Peanut Caramel, Cookies & Cream and Double Chocolate Brownie variants

YOU HATE... CELERY

It might taste like crunchy seawater, but if you want to improve your chances with the fairer sex, add celery to your diet. It provides androstenone and androstenol, two pheromones that cause your body to give off scents and signals that make you more desirable to women. All the recipes below include it alongside other, stronger-tasting ingredients you do like, allowing you to boost your sex appeal without struggling to keep your food down.

CELERY BY NUMBERS

16

A 100g serving of celery contains just 16 calories

One stick of celery provides 23% of your RDA of vitamin K

23

10

100g also offers 10% of your RDA of folate



BUT YOU'LL LOVE IT LIKE THIS...

TURKEY AND CELERY CHOWDER INGREDIENTS (SERVES 4)

2 celery sticks, finely chopped / 3 potatoes, peeled and diced / 1 carrot, sliced / 2tbsp sunflower oil / 1 red onion, chopped / 450g turkey steak, diced / 25g plain flour / 700ml chicken stock / 100g sweetcorn / 100g frozen peas / 300ml double cream / Salt and pepper

TO MAKE

Boil the potatoes and carrots until tender. Drain, then remove a quarter of the potatoes and mash. Heat the oil in a pan, add the onion and cook over low heat for 5min. Add the carrot, celery and turkey and cook for 5min, stirring frequently. Mix the flour with a little stock and add to the pan with the rest of the stock and the mash. Cook, stirring, until thickened and smooth. Simmer for 5min. Stir in the sweetcorn, peas, cream, potato and seasoning. Simmer for 5min.

BRITISHTURKEY.CO.UK



JAMBALAYA INGREDIENTS (SERVES 4)

2 celery sticks, chopped / 2tbsp rapeseed oil / 8 chicken thigh fillets / 1 onion, sliced / 2 garlic cloves, crushed / 1 red pepper, chopped / 1 green pepper, chopped / 1tsp chilli powder / 1tsp ground ginger / 300g rice / 400ml chicken stock / 2tbsp soy sauce / 400g canned chopped tomatoes / 1 sprig thyme / 100g cooked prawns

TO MAKE

Heat the oil in a large casserole dish. Add the chicken and brown, then set aside. Cook the onion for 2-3min. Add the garlic, celery and peppers and cook for 3-4min. Add the chicken, chilli powder and ginger and stir. Add the rice, stock, soy sauce, tomatoes and thyme. Stir well, scatter the prawns on top, then cover and leave to cook for 20-25min or until the rice is cooked. Check after 10-15min and add a little hot water if needed.

KIKKOMAN.CO.UK



LENTIL RAGU INGREDIENTS (SERVES 2)

1 celery stick, diced / 1tbsp olive oil / 1 onion, chopped / 1 carrot, peeled and diced / 1 garlic clove, crushed / 200g canned lentils / 200g chopped tomatoes / 1tbsp tomato purée / 1tsp dried oregano / 1tsp dried thyme / 400ml veg stock / 150g wholemeal pasta / 50g parmesan, grated

TO MAKE

Heat the oil and cook the onions, garlic, carrots and celery for 10min over a medium heat. Stir in the tomatoes, purée, herbs and stock and simmer for another 15min. Add the lentils and leave over a low heat while you cook the pasta according to packet instructions. Mix the pasta and sauce and serve topped with grated parmesan.

KAROLGLADKI.COM



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BEEFED UP



The burger has gone upmarket. There's been an explosion in the popularity of 'posh' fast food in Britain - thanks in part to a handful of pioneering restaurant chains, all determined to prove that you can indulge yourself while still eating quality, nutrient-rich food. MF embarks on the mother of all treat days and visits three of the best



GOURMET BURGER KITCHEN

THE CHAIN

The first upmarket burger chain and still the biggest, GBK has opened more than 60 restaurants across the UK since launching its original branch in London in 2001.

THE BEEF

'All our beef comes from farms in the south-west counties, predominantly Gloucestershire, Somerset and Wiltshire,' says Tim Molema, GBK's head of food. 'It all gets sent to our own abattoir, just outside Bristol, where the key thing is that we've got one person grading the meat. This means we can maintain a level of quality and consistency that you wouldn't get in a big processing plant. The beef itself is all grass-fed to ensure it offers maximum nutritional value. We use a mixture of forequarter cuts and aim for around 20% fat content for a burger so it's not too lean or too fatty.'

THE MENU

'We have "gourmet" in our name, and I don't think you can do that unless you've got high-quality ingredients to back it up,' says Molema. 'For example, all our chickens are Red Tractor-approved, which means they've been raised with enough space to walk around in, with plenty of hay and natural light. They've lived happy, stress-free lives, so their meat has far lower levels of cortisol [consumption of this stress hormone has been linked to disease, fat storage and impotence in humans].'

All GBK sauces are also made in-house. 'Most commercial sauces are packed with sugar to balance their pH levels,' Molema says. 'Ours are made fresh without all the added sugar, which gives them a shorter shelf life but makes them far healthier.'

This commitment to sourcing the best ingredients has won GBK plenty of admirers

in the sporting community. 'We have quite close links with the local rugby clubs in Bath and Richmond, and once a week after training, the players will come down and try and outdo each other by seeing who can eat the most burgers,' he says with a smile. 'They get through a crazy amount of food - but those guys are huge!'

BEST FAT-LOSS OPTION

A 'go naked' bun-free chicken burger, served with a chargrilled corn-on-the-cob and a simple green salad.

BEST MUSCLE-BUILDING OPTION

The appropriately named Mighty, which contains two burger patties, mature cheddar and bacon, served with sweet potato fries and Baconnaise sauce - part bacon, part mayo, all delicious.

gbk.com

BYRON HAMBURGERS

THE CHAIN

Byron opened its first London restaurant in 2007, and has since launched another 45 branches across the country (with more to come), putting it second only to GBK in the UK.

THE BEEF

'All our beef comes from a small group of farms between Aberdeen and Inverness,' says Fred Smith, Byron's head of food. 'It's all grass-fed too - which can be quite a challenge sometimes given the Scottish weather - so it's packed with nutrients [such as CLA, which helps you avoid fat storage and produce energy]. We use a specific blend of fore-quarter cuts, which tend to have a meat-to-fat ratio of around 80%-20% - we believe that provides the best flavour.'

THE MENU

'We don't have a huge menu,' says Smith. 'For us it's all about putting a lot of focus and effort

into the select things that we do offer. Aside from our beef, pretty much all of the other ingredients are sourced from British farms and have been minimally processed.'

In addition to quality, quantity is also a key part of the ethos at Byron - which doesn't necessarily mean bigger is better. 'If you want a tasty burger, it's crucial to get all the portion sizes of the other ingredients right,' says Smith. 'We literally go around with rulers measuring the thickness of our tomato and red onion slices to ensure the balance is right. If the tomato is too thick you'll get excess moisture soaking into the bun, while if the onion is too thick, it'll leave an unwelcome aftertaste. That attention to detail makes all the difference.'

BEST FAT-LOSS OPTION

The Skinny, a bun-free burger, served with courgette fries and a salad.



BEST MUSCLE-BUILDING OPTION

The Smoky burger, doubled up, which means two beef patties along with smoked cheddar, streaky bacon, crispy-fried onions and Byron's smoked chilli barbecue sauce, served with home made skin-on chips.

byronhamburgers.com



HONEST BURGERS

THE CHAIN

A relative newcomer to the burger scene, Honest Burgers has opened nine restaurants across London since launching its flagship branch in Brixton in 2011. It's currently exploring options for expanding nationwide.

THE BEEF

'All of our beef is British, 28 days aged and grass-fed,' says co-founder Tom Barton. 'We get it from the Ginger Pig farm in Yorkshire, which specialises in traditional butchery techniques that help to ensure the meat is of the highest quality. When we opened our

first restaurant in Brixton, the Ginger Pig guys wouldn't deliver because the quantities we needed weren't large enough. So I'd cycle all the way to their butchers in Marylebone and bring back as much as I could carry in a rucksack. When I got to about 18kg - which was a hell of a workout, I had bruises on my shoulders - they realised how much we cared about the quality of our food, and agreed to deliver it to us anyway.'

THE MENU

'We use free-range chickens from another farm in Yorkshire, and all our vegetables are sourced from the UK - our potatoes, for example, come from a farm in Kent,' says



Barton. 'We tend to get a lot of active guys coming to our restaurants because they know that the quality of the food is high. And while I wouldn't recommend eating it every day, when you do want to indulge we're the best place to go, because you know that the ingredients are high-quality and the animals have been humanely treated.'

BEST FAT-LOSS OPTION

A free-range chicken burger, served with cabbage, carrot and kohlrabi coleslaw.

BEST MUSCLE-BUILDING OPTION

The Federation burger - containing two beef patties, smoked bacon and mature cheddar - served with rosemary salted chips and onion rings.

honestburgers.co.uk



LIGHT YOUR FUSE

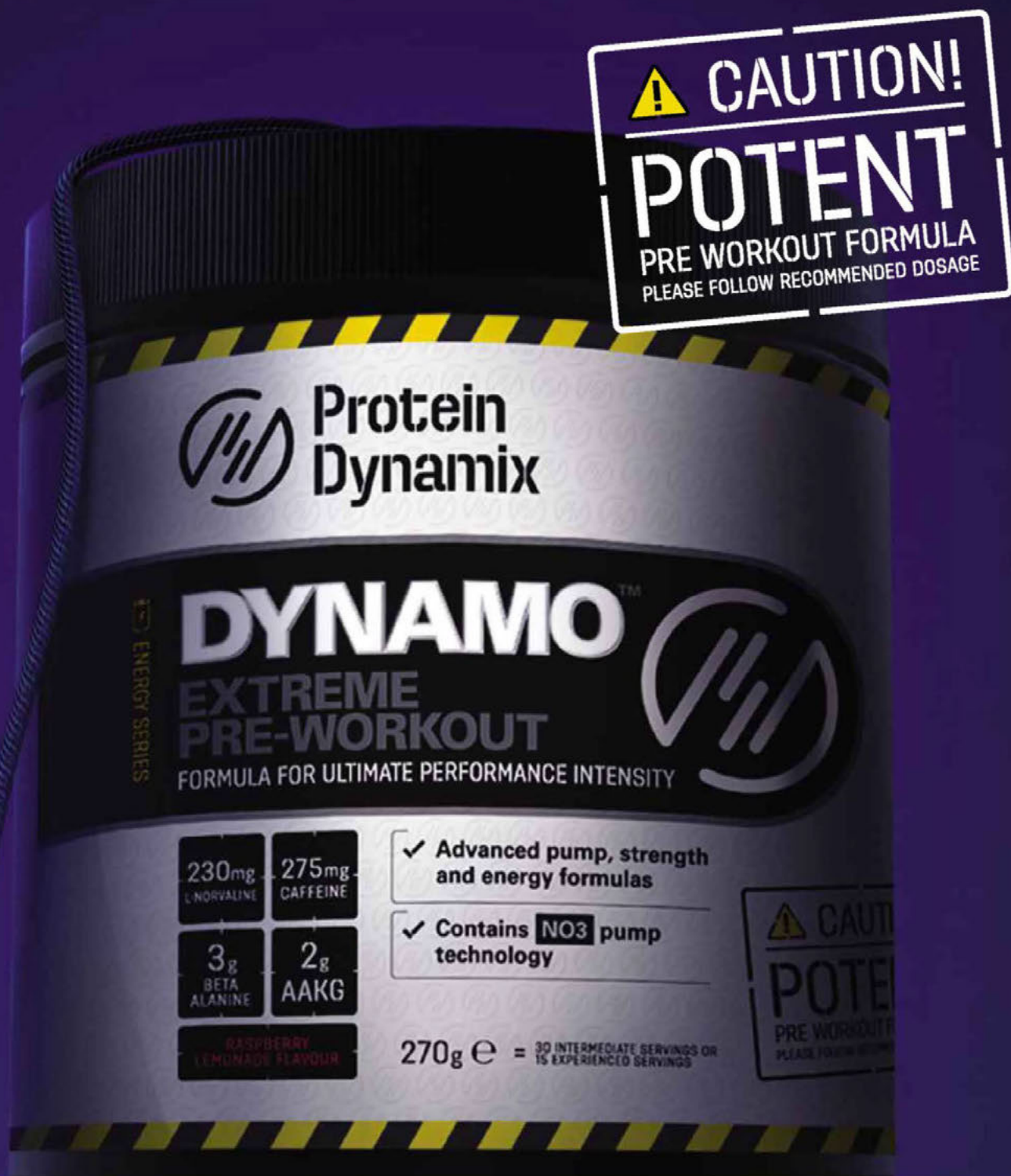
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A year of diets

Every month for a year, nutritionist Drew Price will follow a different diet to see if it's as effective as its creators claim

This month THE WARRIOR DIET

THE DIET

The Warrior Diet is an intermittent fasting plan in which you fast for most of the day and night, squeezing the majority of your food intake into a four-hour window between six and 12 in the evening. It originated with Ori Hofmekler's book *The Warrior Diet*, which predictably makes claims about weight loss and other practices to Warrior-ify your life.

THE CLAIM

Advocates of fasting say it promotes a variety of changes in the body that speed up fat metabolism, allowing you to lose weight without having to count calories. The Warrior Diet also claims to improve other aspects of your life, from increasing energy levels and promoting a self-assured 'Warrior' attitude at work to enhancing your relaxation and sex drive.

THE METHOD

During the 20-hour under-eating period you can consume small amounts of protein and fibrous veg - think broccoli and kale. You can also have whey protein before training so you're not working out completely fasted and to protect against muscle wastage. Drinks are restricted to water, tea and coffee.

The four-hour mega-meal that follows starts with raw veg followed by protein-rich foods with carbs to finish. If you're trying to build muscle, this diet lets you eat more carbs on a training day. For fat loss you limit carbs and eat more protein and fat.

THE REALITY

I enjoyed the under-eating phases - they were easy to follow and I noticed improvements in my energy levels and mental clarity. A few hours after waking up I would eat a salad about the size of a postage stamp, then five or six hours later have 10g of plain whey protein before an hour of weight training. I hit a couple of PBs during the month and generally felt great in the gym, but towards the end of each session my energy levels nosedived.

The fun ended during the feasting phases. Feasting sounds great - conjuring up images of Vikings, mead and hogs with apples in their mouths - but trying to eat 2,500 healthy calories every night is no joke, and by day three I was dreading it. I went to bed feeling sick and with heartburn almost every night.



THE RESULTS

Being a Warrior was tough, but it did yield results. I dropped over 3kg of bodyweight, of which 2kg was fat. Unfortunately a good part of the remaining 1kg was lost muscle mass, despite my weight training, supplement use and increased carb intake in the evenings.

Health-wise the results were mixed. My levels of visceral fat - the particularly dangerous kind that surrounds your organs and increases your risk of serious illness - decreased, but while my total cholesterol stayed the same, my 'bad' LDL levels went up while my 'good' HDL levels dropped. I felt energised and focused during the day, but a lot of my evenings were spent on the sofa with food sweats.

PRICE'S VERDICT Sticking to the Warrior Diet requires discipline, but if you can make it work, it delivers fat loss results. However, if you're looking to build or maintain muscle mass, or you prefer training in the evenings, you're better off looking elsewhere.

FAST FOOD

The Warrior-dieting Price had to squeeze 2,500 calories into a four-hour window and eat just enough to keep him going - and training - outside that time. Here's how he did it

UNDER-EATING PHASE

7am-6pm

Breakfast

80g of chicken with green salad, no dressing

Pre-workout

10g plain whey protein

FEASTING PHASE

6pm-10pm

Dinner

Green salad with olive oil
Whole large roast chicken
Tarka dhal curry
1 loaf of sourdough bread
2 glasses of red wine

BOSS IT



It's time to show the gym who's boss.
Walk in. Tear it up. Walk away.

#BOSSIT then prove it @SCIMX



SCIMX
NUTRITION
you at your best

THE FAT BURNER

INGREDIENTS

1tbsp rapeseed oil / 1 onion, chopped / ½ red chilli, deseeded and sliced / 1 clove garlic, crushed / 200g chopped tomatoes / 300ml vegetable stock / 100g cooked chicken breast, sliced / Grated ginger

TO MAKE

Heat the oil and cook the onion, chilli and garlic until soft. Add the tomatoes and stock. Boil, then simmer for 20min. Whizz in a blender until smooth. Add the chicken and garnish with ginger.



CALORIES

396

PROTEIN

25g

CARBS

23g

FAT

22g

SOUP DREAMS

The finest, healthiest liquid lunches you could ever imagine



THE IMMUNITY BOOSTER

INGREDIENTS

1tbsp rapeseed oil / 1 medium onion, chopped / 1 medium sweet potato, peeled and diced / 100g leeks, diced / 1 clove garlic, crushed / 300ml chicken stock cube / 100g feta, crumbled / Salt and pepper to taste

TO MAKE

Heat the oil in a pan over a medium heat and add the leeks, onion and garlic. Cook for around 8min. Add the sweet potato and stock, bring to the boil, then reduce the heat and simmer for 10min. Whizz in a blender until smooth. Season with salt and pepper and serve garnished with the crumbled feta and, if liked, strips of leek.

CALORIES

696

PROTEIN

24g

CARBS

61g

FAT

38g



THE MUSCLE BUILDER

INGREDIENTS

1tbsp rapeseed oil / 1 medium onion, chopped / 1 medium sweet potato, peeled and diced / 300g frozen peas / 300ml veg stock / 100ml milk / 100g ham hock, shredded / Small handful of fresh mint / 1tsp flaxseeds / 100g stilton, crumbled / Salt and pepper

TO MAKE

Heat the oil in a pan over a medium heat. Add the onion and potatoes, season with salt and pepper and cook for 3min, stirring. Add the peas and stock, boil, then simmer for 4min. Add the milk, boil again, then take off heat. Whizz in a blender until smooth.

Serve garnished with the ham, flaxseeds, stilton and mint.

CALORIES

1,029

PROTEIN

59g

CARBS

88g

FAT

45g

BOSS IT



It won't be you who's left feeling destroyed.
Walk in. Tear it up. Walk away.

#BOSSIT then prove it @SCIMX



SCIMX
NUTRITION
you at your best

Bland on the run

There's no need to restrict yourself to boring food.
Eat to get lean without compromising on taste

It's a sad fact, but if you're trying to get lean you pretty much have to swear off takeaways. Unless you're mates with the chef and can convince him to cook to order, it's likely to scupper your fat loss efforts. But that doesn't mean you have to give up the meals you love: for example, try this rich, tangy sweet and sour turkey, which - like all the meals and snacks in this plan - uses ingredients that will help your body burn fat. So bin both bland food and bad food, and tuck in to this tasty plan to get on track for a lean body.

TURKEY

provides protein, which builds muscle and keeps you feeling full

ONION

provides chromium, which helps to limit fat-inducing blood sugar spikes

PINEAPPLE

provides manganese, which is used by enzymes in the body to produce energy



PREP TIME
10 minutes
COOKING TIME
20 minutes

BREAKFAST

Poached eggs with spinach contains folate, which helps the body convert sugar into energy

LUNCH

Tuna salad with red pepper is rich in potassium, which speeds up metabolism

SNACKS

Blueberries and Greek yogurt contains pterostilbene, which helps the body break down fat

DINNER

Sweet and sour turkey

INGREDIENTS (serves 2)

500g turkey breast, cut into strips / 2tbsp rapeseed oil / 1 onion, peeled and sliced / 2 carrots, peeled and thinly sliced / 225g canned pineapple chunks in natural juice / 2tbsp tomato purée / 3tbsp malt vinegar / 1tbsp Muscovado sugar / 2tbsp dark soy sauce / 160g brown rice

TO MAKE

- Heat half the rapeseed oil in a pan over a medium heat.
- Add the onion and cook until browned.
- Add the purée, vinegar, sugar and soy sauce. Stir, then add the carrots and pineapple chunks with their juice.
- Cook for four minutes, then set aside.
- Season the turkey with salt and pepper, then heat the remaining oil and fry the meat until cooked through.
- Return the sauce to the pan, stir thoroughly and cook for five minutes.
- Cook the rice according to packaging instructions, then serve with the turkey.

per portion

CALORIES
751

PROTEIN
61g

CARBS
50g

FAT
31g

BOSS IT



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SCI:MX
NUTRITION
you at your best

Walk in. Tear it up. Walk away.

#BOSSIT then prove it @SCIMX

* Nielsen 11-10-14

Peel and grow

*Looking for muscle and flavour?
This smoothie has you covered*

Sometimes the toughest bit of bulking isn't lifting the weights but downing the calories needed for growth. Thankfully, nutritionist Scott Baptie is here to help. As well as muscle-building protein and abs-friendly healthy fats, peanut butter contains a variety of other fitness-boosting nutrients - and it's simply one of the best tasting things on the planet.

INGREDIENTS

- ▶ 1tsp peanut butter
- ▶ 1 banana
- ▶ 50g oats
- ▶ 1tbsp Greek yogurt
- ▶ Pinch of ground ginger
- ▶ Water, to taste

CALORIES	PROTEIN
401	14g
CARBS	FAT
63g	12g



1 Peanut butter is rich in niacin, which will protect your muscle tissue from the damage caused by exercise.

2 Banana contains high levels of vitamin B6, which helps the body break down and digest protein.

3 Oats are a source of carbohydrate, which tops up your glycogen stores to fuel new muscle growth.

4 Greek yogurt provides protein to help repair tears in your muscle tissue following a gym session.

5 Ginger has anti-inflammatory properties that help to reduce post-exercise muscle soreness.

MAKE IT HAPPEN

“ WHEN I WANT SOMETHING,
I LIKE TO GO OUT AND GET IT.

I NEED PRODUCTS THAT ARE
QUICK AND EASY TO PREPARE
SO I CAN REMAIN FOCUSED
ON MY MAIN GOALS IN LIFE ”

- JOHN HORWELL
HENCH AMBASSADOR

PHOTO: THE EDGE GYM, BARNHAM BROOM

The foreground displays four Hench Nutrition products and their corresponding meal ideas:

- MORNING**
A TASTY BREAKFAST
Protein Porridge (23g PROTEIN)
- AFTERNOON**
A QUICK SNACK
Protein Pancakes (25g PROTEIN)
- EVENING**
A SWEET DESSERT
Protein Mousse Dessert (29g PROTEIN)
- BEFORE BED**
A LATE NIGHT TREAT
Protein Hot Chocolate (18g PROTEIN)

A large red circle at the bottom right indicates a total of **95g PROTEIN IN TOTAL** for all products shown.

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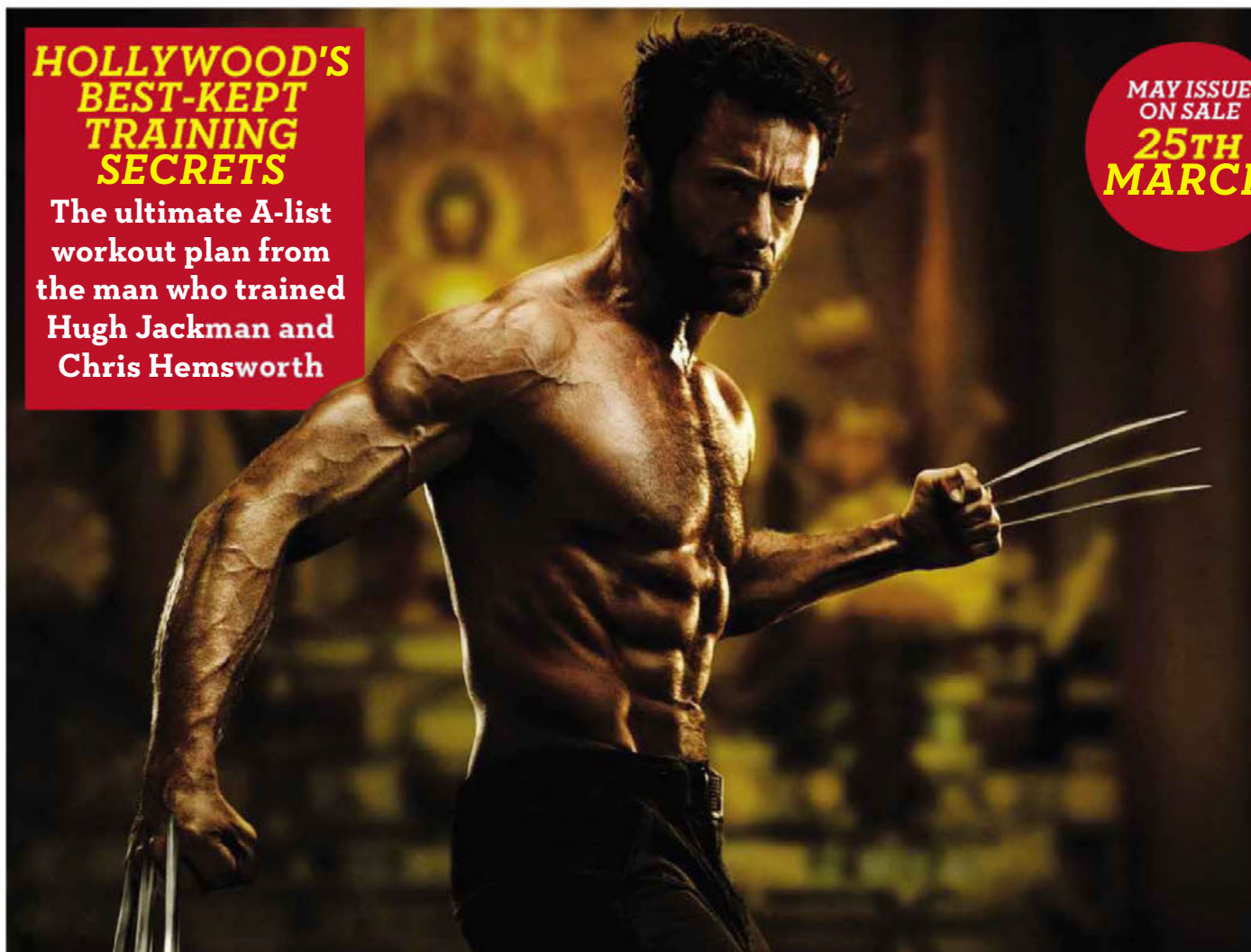
*Julie D'Hulster and
Nickolas Richard
Musculi Athletes*

COMING NEXT MONTH

HOLLYWOOD'S BEST-KEPT TRAINING SECRETS

The ultimate A-list workout plan from the man who trained Hugh Jackman and Chris Hemsworth

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FAT LOSS FEEDS

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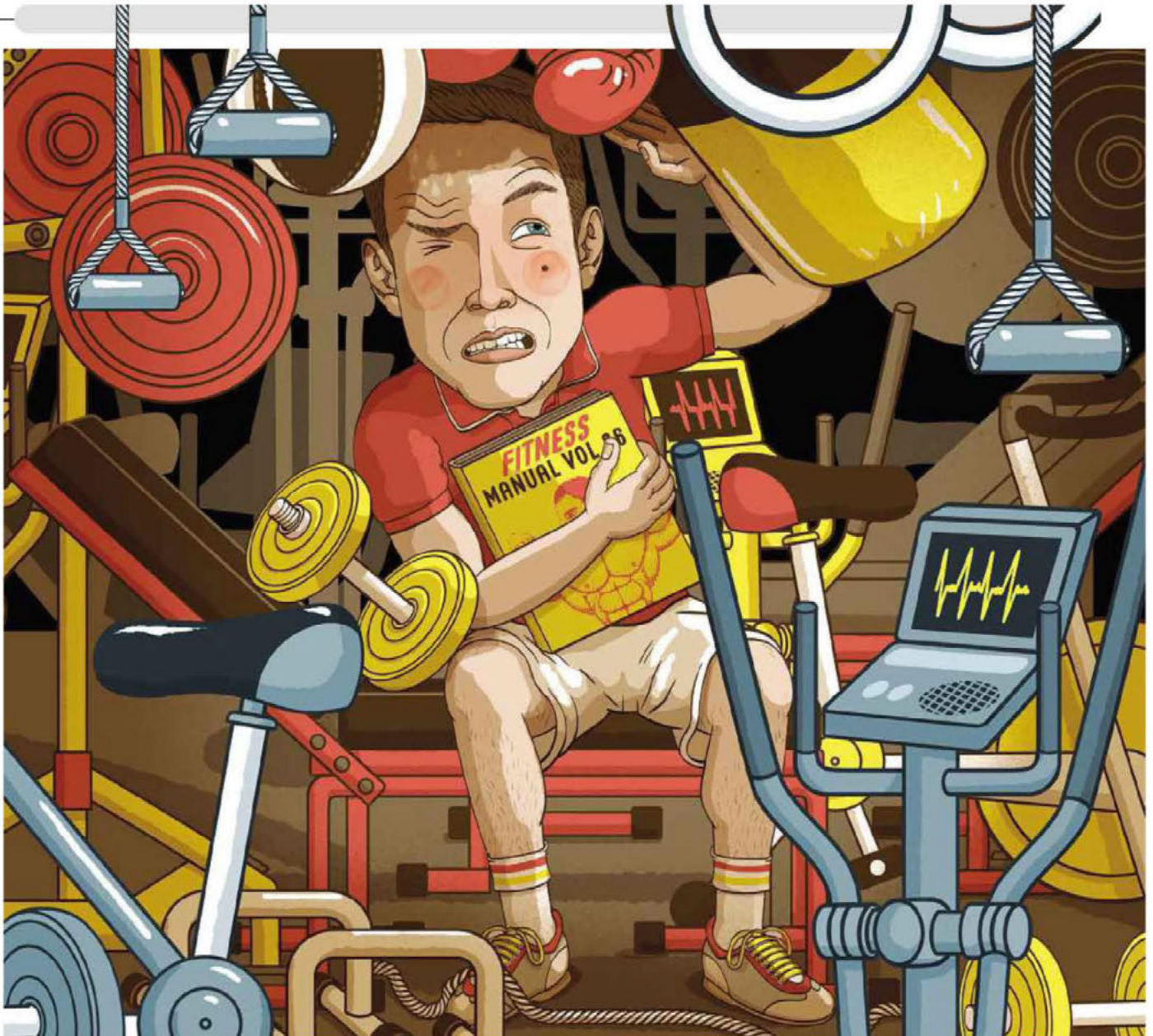
MUSCLE

FAT LOSS

CARDIO

TRAINER

P114 GET RIPPED IN SIX MOVES **P116** MF TRIES TAI CHI **P118** SPLIT SQUAT FOR FASTER RUNNING
P120 WORK ON YOUR ABS WHILE WATCHING TV **P132** HOW TO FINISH AN IRONMAN TRIATHLON



KEEP IT SIMPLE

Maximum effort, minimum fuss. That should be your fitness mantra, according to a study from Southampton Solent University, which found that training intensity and good form are vastly more important than exercise order, frequency or complexity.

The study investigated the value of pre-exhaustion training, where the target muscles are exhausted with isolation exercises before compound lifts to provide greater stimulation. Three groups of volunteers were given comparable exercise programmes but with

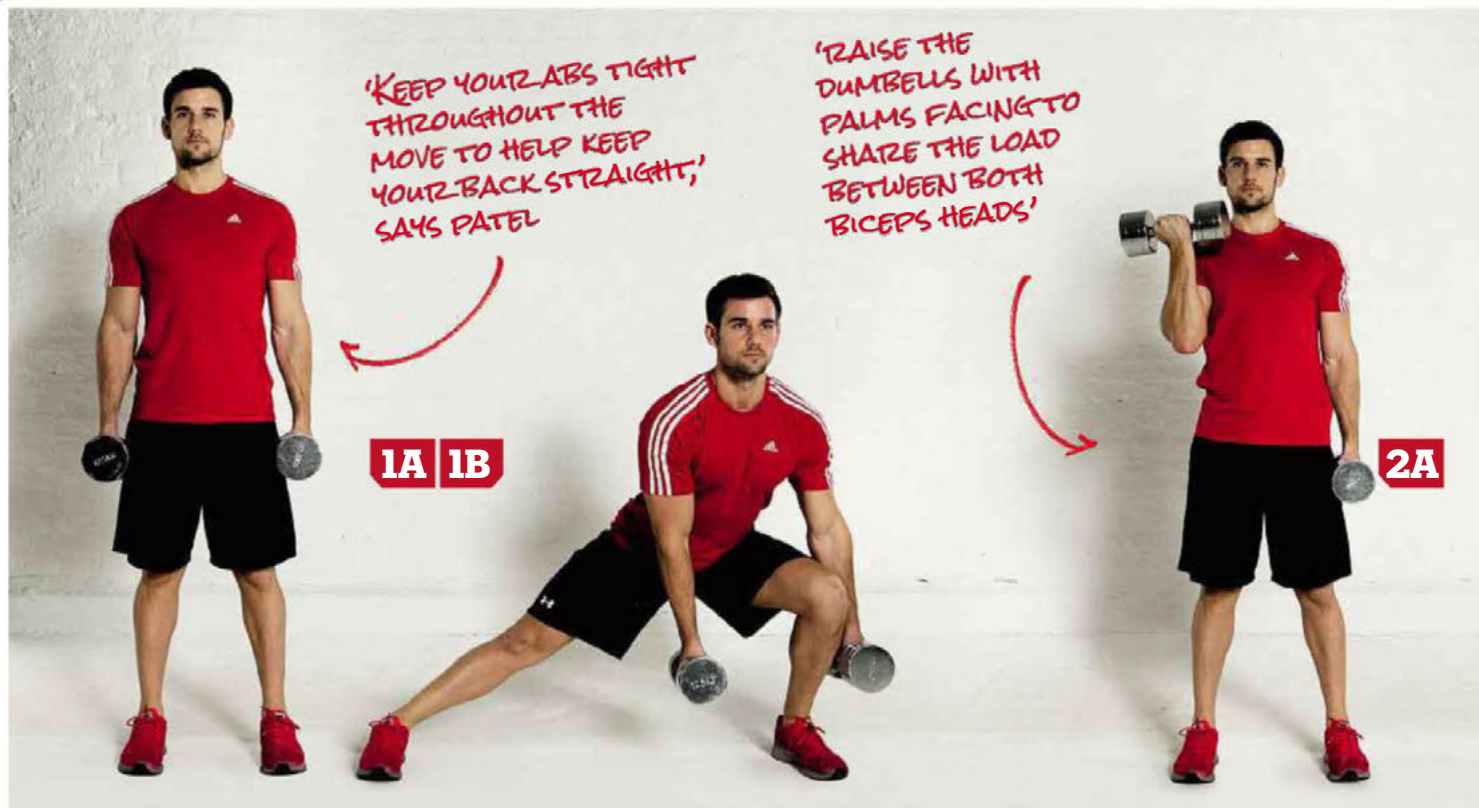
De-clutter your training to get fitter, faster

different exercise orders and rest periods. After 12 weeks, the results were strikingly similar.

The order of exercises and time spent resting had minimal to no benefit. The most important factor was performing the moves with good form and maximum

commitment. The study even found that significant strength gains can be made from just two 23-minute sessions per week, as long as intensity is maximised. So next time you hit the gym, keep it simple. Do the classic compound lifts, go hard, then go home.

Words: Sam Rider Illustration: Andy Ward



FAT LOSS MADE EASY

Reboot your six-pack with this simple six-move dumbbell complex

'The key to fat loss is building and preserving muscle, because muscle tissue contributes to a higher resting metabolism, meaning you'll burn more fat at rest,' says trainer Shivam Patel of Fitness First. 'Complexes,

where you grab a piece of kit and don't let go until you've finished a circuit, are ideal because you stimulate multiple muscles, release fat-burning hormones and create an oxygen deficit

which keeps you burning fat for hours.' Add this to your workout as a fat-blasting finisher or do it as a quick 15-minute session using the guide opposite.

1// SIDE LUNGE

Take a big step to one side and, keeping your chest up, lower into a side lunge so the dumbbells are on either side of your leading leg. Drive back up to the start and continue into a lunge on the other side.



2B



'TO WORK YOUR GLUTES AND HAMS, TAKE A BIG STEP. TO WORK YOUR QUADS HARDER, TAKE A SHORTER ONE'

3A 3B



2// ONE-ARM CURL AND PRESS

Curl one dumbbell to chest height. Press it overhead, rotating your wrist as it passes your shoulder, then lower. Repeat on the other side.

3// LUNGE

Take a big step forwards into a lunge, keeping your knee in line with your toes. Repeat on the other side.

4// THRUSTER

Bring the dumbbells up to shoulder height, with palms facing forwards and elbows high. Lower into a squat, then drive up powerfully, continuing to press the weights overhead.

5// BENT-OVER ROW

Bend forwards, hinging at the hips, not the waist. Retract your shoulder blades and keep your back slightly concave. With palms facing, row the dumbbells up towards your armpits.

6// JUMP SQUAT

Holding the weights by your sides, lower into a quarter squat, then drive up powerfully and jump, bending your knees for a soft landing.

5B



DON'T RUSH. LAND SOFTLY AND GENERATE POWER FROM THE QUARTER SQUAT POSITION'

6A 6B



THE COACH
SHIVAM PATEL



THE PLAN

'Repeat this workout 2-3 times a week and use this plan to ensure progression,' says Patel.

WEEK 1

CIRCUITS 2 REPS 8
REST 90SEC

WEEK 2

CIRCUITS 3 REPS 8
REST 90SEC

WEEK 3

CIRCUITS 3 REPS 10
REST 90SEC

WEEK 4

CIRCUITS 3 REPS 10
REST 60SEC

Classes start with qi gong, a set of movements designed to prepare you for the flowing forms of tai chi



THE EXPERIMENT



TAI CHI

This ancient art demands lower-body strength - but can it complement your training? MF's Matt Huckle finds out

It's around 15 minutes into my first tai chi class when I start to wonder how people manage to look so serene as they do it. I like to think I've got fairly strong legs but trying to stay in time with the group, breathe correctly and hold a variety of isometric positions all at the same time means they're

soon shaking in painful disapproval. Already it's clear that there's a lot more to tai chi than old people waving slowly in the park.

When I mention my struggles to instructor Derek Pearce, I suspect he's trying not to look pleased at my shock. 'It's unlikely you regularly engage your leg muscles in the way tai chi demands,' he says.

FIST AMONG EQUALS

Why tai chi? Well, years of doing Muay Thai kickboxing combined with sitting at a desk all day had left me stiff and inflexible and it was becoming an issue. Tai chi chuan, to give it its full name (which translates as 'supreme ultimate fist'), seemed like the obvious choice because of the supposed benefits it offers for your flexibility and mobility as well as core and lower-body strength. And if I achieved some sort of spiritual enlightenment on the way, well, that would be a plus.

The Mei Quan Academy of Tai Chi offers classes at over 40 locations across the south-east - I booked one at the Camden branch. Right from the start everything is done in

unison, including the warm-up, which focuses on loosening up your hips and working your entire body in co-ordination.

FULL FLOW

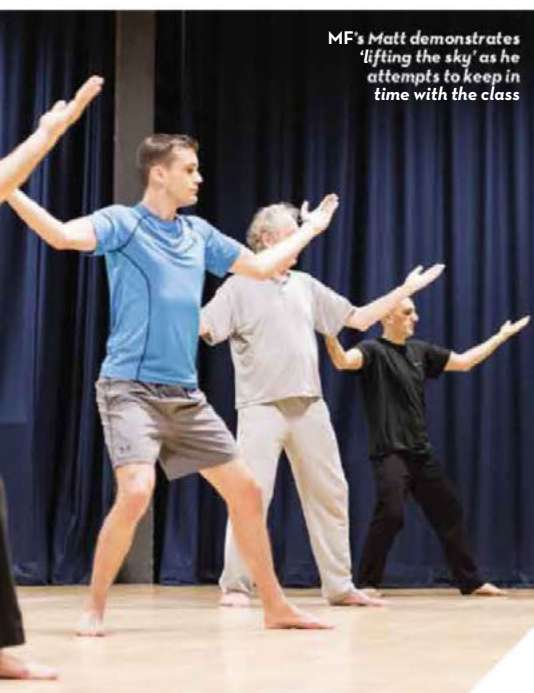
Once warmed up we move into qi gong, an art closely related to tai chi, which is based on repetitions of precise sets of movements said to improve energy flow around the body. Broadly speaking the moves are variations on bodyweight squats, with arm movements designed to open up your chest.

The focus here isn't really on getting into the deepest squat you can manage but how you distribute your weight across your legs while keeping your back straight at all times. That description doesn't do justice to how effective qi gong is as a relaxation tool. It's easy to dismiss the spiritual side of qi gong and tai chi, but it would be a mistake to do so. I feel far less stressed and more positive after every session.

The main event, tai chi, builds on the relatively static movements of qi gong and incorporates them into flowing forms. It's here that I really begin to understand how effective the art is at loosening up your lower back. A lot of the early movements focus on properly aligning your tailbone, which is vital if you're going to progress. Paying this level of attention to your tailbone's whereabouts feels strange at first, and in the days after my first session my



Photography Tom Miles



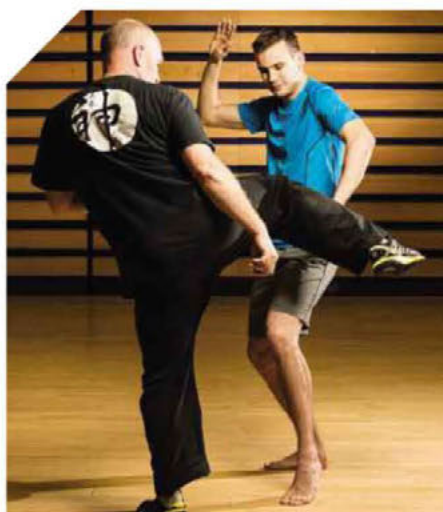
MF's Matt demonstrates 'lifting the sky' as he attempts to keep in time with the class



The goal is to be able to do this relaxed, without Matt's look of intense concentration



Close your eyes! When one partner leads the other by touch, you have to relax



Correctly positioning your tailbone is vital for progressing to more advanced movements

back is tight after my muscles begrudgingly react to being loosened and stretched in unusual ways. But the payoff is apparent after my second class - I feel more supple and less achy.

BACK TO LIFE

In the following sessions, moves that had seemed impossible start to make a bit more sense. While I'm only too aware that tai chi isn't something you can master in a month, I hope I at least look a little less clumsy during the final session.

By the end of the month the pain I had been feeling in my back is drastically reduced. I've found that I automatically correct my posture away from the class and I even find it easier to quickly shift my weight for kicking during Muay Thai training. So don't be tempted to dismiss tai chi as a gentle relaxation tool for elderly people - I can assure you it has useful, real-world benefits. And the fact that you can keep doing it in your retirement years is surely a bonus.

For Mei Quan Academy classes visit taichinews.com

RESULTS

I was pleased about the reduced back pain but also interested to see what tai chi had done for my flexibility and lower-body strength. Even after just one month, the improvements were immediately apparent.

	BEFORE	AFTER
SKI SIT	2MIN 32SEC	3MIN 20SEC
TOE TOUCH	7CM FROM TOES	TOUCHING

CHI'S THE ONE

I'm not the only one who turned to tai chi as a way to offset the problems caused by sitting at a desk all day. A 2009 study looked at the effect tai chi had on desk-bound employees of McMaster University in Canada and the University of York. Seat-loving volunteers took part in two 50-minute tai chi classes a week for 12 weeks, and the results showed improvements in the participants' heart rate, grip strength and musculoskeletal fitness.





THE BULGARIAN SPLIT SQUAT

Master this lower-body titan to get faster and injury-proof your knees

Physio James Moore, director of sport and exercise medicine at the cutting-edge Centre for Health and Human Performance in London, has a simple test for any runners who come to him for advice - whether they're a former world champion or a beginner looking to complete a 5K. What is it? Well, before we get to that, Moore explains *why*. 'Most people don't have the balance or stability to run without serious potential for injury. This test lets me assess where they are - and whether they're ready to run.'

So your challenge for this month will get you ready to run, and it's this: ten reps of the Bulgarian split squat followed by a ten-second isometric hold at the bottom position. And then you'll go straight back into the squats. 'If you're able to do three sets of ten and three holds on one side and then the other, back to back - with good form - then you're ready to run,' says Moore. Sound easy? Prepare to be surprised.

THE MOVE

Start in the classic Bulgarian split squat position (pictured on the opposite page) with one foot behind you, resting the instep or toes on a bench set at roughly knee height, and your front foot positioned so that your shin stays as close to vertical as possible. Squat down until your front thigh is horizontal, then come back up. Do ten reps. On the tenth, hold in the bottom position for ten seconds. Go straight into the next set. Once you've reached failure on one side, switch to the other with no rest. Don't be tempted to put all your weight on your back leg - it'll make things worse later.

THE WARM-UP

Two key moves will build strength for the split squat challenge. Add both to your warm-up every time you hit the gym.

SQUAT

SETS 2 REPS 5

Stand with your feet shoulder-width apart. Keeping your back straight, squat down until your thighs are at least parallel to the floor. Put your arms out for balance if necessary.

LUNGE

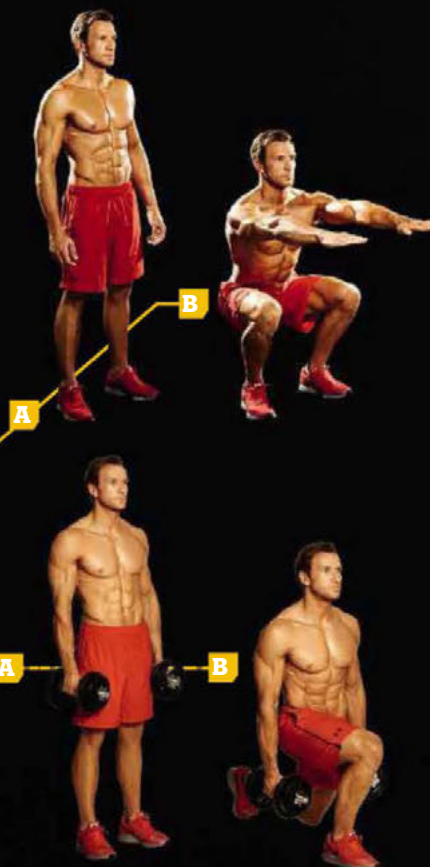
SETS 2 REPS 10 EACH SIDE

Do these weighted or unweighted, depending on your experience. Take a big step forward into a lunge, letting your rear knee brush against the floor. Stand back up and repeat on the other leg.

THE PLAN

Not ready to take on the full challenge? Try doing it on alternate sides, which helps you work up to it by giving your aching muscles a rest between iso-holds. Here's your four-week plan

	Reps	Note
Week 1	3 each side	Alternate sides
Week 2	4 each side	Alternate sides
Week 3	5 each side	Alternate sides
Week 4	3 each side	On one side then the other

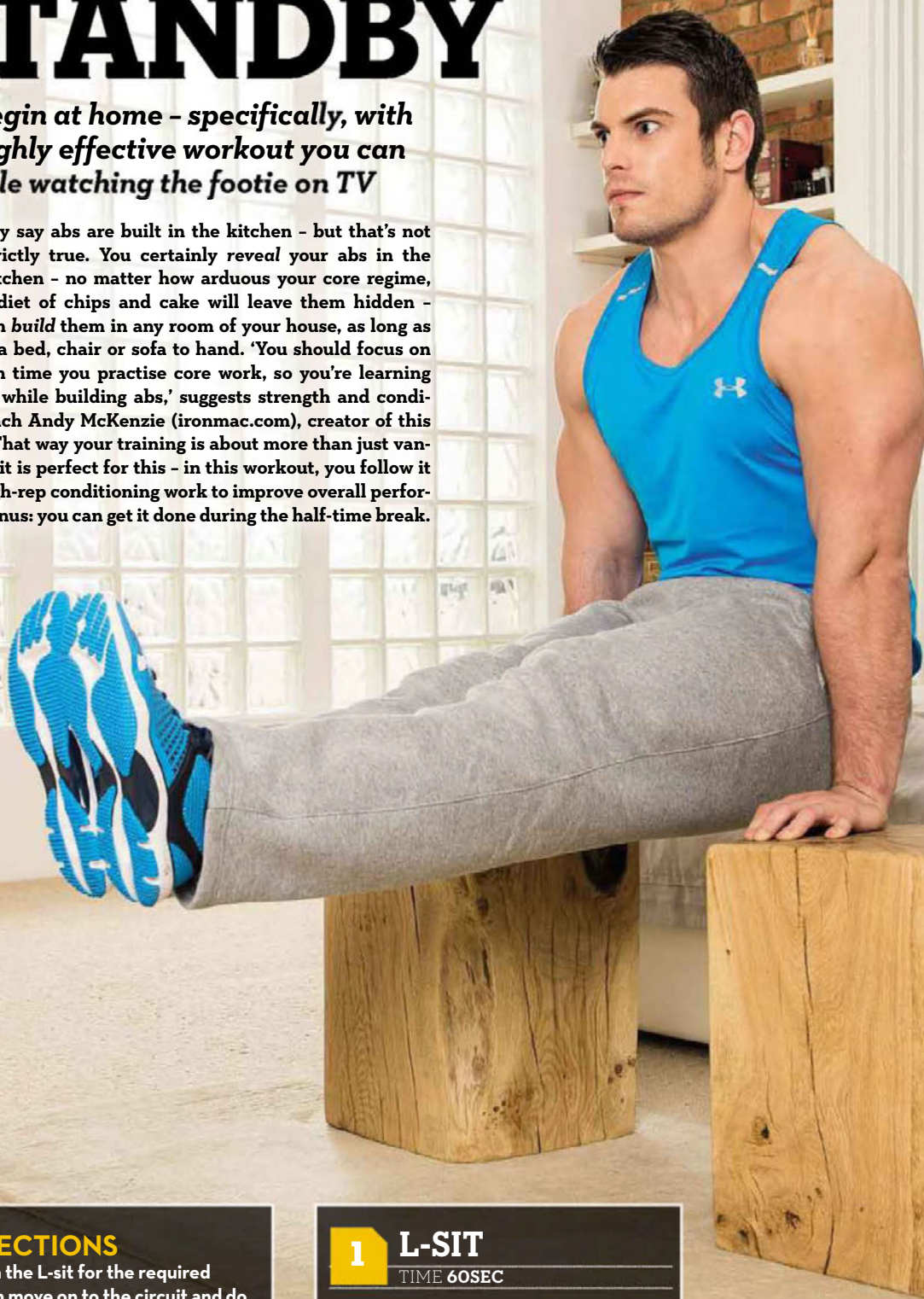




SIX-PACK ON STANDBY

Abs begin at home – specifically, with this highly effective workout you can do while watching the footie on TV

They say abs are built in the kitchen – but that's not strictly true. You certainly reveal your abs in the kitchen – no matter how arduous your core regime, a diet of chips and cake will leave them hidden – but you can *build* them in any room of your house, as long as you've got a bed, chair or sofa to hand. 'You should focus on a skill each time you practise core work, so you're learning something while building abs,' suggests strength and conditioning coach Andy McKenzie (ironmac.com), creator of this workout. 'That way your training is about more than just vanity. The L-sit is perfect for this – in this workout, you follow it up with high-rep conditioning work to improve overall performance.' Bonus: you can get it done during the half-time break.



► DIRECTIONS

Start with the L-sit for the required time, then move on to the circuit and do between four and six rounds, depending on your fitness level. Do the dorsal raise as a transition between every move in the circuit – so you'll do the knee-to-elbow crunches, raise, slow crunches, raise, isometric hold, then finally raise. Rest for 30 seconds between rounds.

1

L-SIT

TIME 60SEC

Starting from a seated position, raise yourself on straight arms, keeping your legs straight out and leaning slightly forward. Hold for a total of 60 seconds, on a 1:1 work/rest ratio – so if you manage 20 seconds before you have to stop, rest for 20 seconds before carrying on.

TRANSITION MOVE DORSAL RAISE

TIME 30SEC

Lie on your stomach with your fingers at your temples. Raise your chest and legs off the ground. Hold for 30 seconds. Do this after each of the following moves to balance the anterior muscle work with posterior.



A



B

2

KNEE TO ELBOW CRUNCH

REPS 15 EACH SIDE

Lie on your back with your fingertips by your temples, then crunch up and raise one elbow and the opposite knee so they touch. Repeat on the other side, and alternate through the reps. Go straight into the dorsal raise.



A



B

3

SLOW CRUNCH

REPS 30

Lie on the floor with your feet and calves on a bed or sofa and your arms straight out with hands on your knees. Crunch up and contract your lower abs, then lower under control. Then it's back to the dorsal raise.



A



B

4

KNEE TO ELBOW ISOMETRIC HOLD

TIME 30SEC EACH SIDE

Get into a plank position, then bring your knee to the opposite forearm. Hold for 30 seconds - then repeat on the other side. That's right, back to those dorsal raises again.



A



B

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A full-page photograph of a man, James Pearson, climbing a steep, overhanging rock face. He is shirtless, wearing blue patterned shorts and a climbing harness. He is reaching up with his right arm to grasp a hold. A rope is attached to his harness and extends down the side of the rock. The background shows a vast, blue body of water and distant, hazy mountains under a clear sky.

THE ONLY WAY IS UP

JAMES PEARSON

Four years ago he was at rock bottom. Pearson tells MF how he revolutionised his training and became one of the UK's strongest climbers

Rock climbing in the UK has never been cooler. Every decent-sized city has an indoor wall of brightly coloured holds, full of people enthusiastically working their core by pulling on plastic. A new generation of >

sport-climbers are taking up Leo Houlding's mantle, thrashing out tough routes in highlight-reel fashion. And climbers have never been more ripped - the combination of unshakeable determination, high-intensity intervals and strength-reliant routes sees to that.

But it wasn't always this way. Rock climbing in the UK used to be a sport for weirdos and hard men who risked splintered legs and an unglamorous death by climbing hunched outcrops of gritstone in the Peak District. This is the kind of climbing James Pearson grew up on and first became famous for, and it's a million miles away from the athletic, massively steep climbing on the limestone *tufas* of Kalymnos, Greece, where *MF* meets The North Face-sponsored athlete to talk about his career and training.

BALLS UP

Traditionally, climbers in the UK have seen training almost as cheating. 'For a long time the ideal British climber was the guy who drinks in the pub until late, wakes

'WE PRIDE OURSELVES ON BEING TOUGH'

up, forgets his rock shoes, goes climbing anyway and does the hard routes, with no gear, and possibly with the rope tied around his balls,' says the Englishman. 'We prided ourselves on being the tough men and taking risks. Not really caring and not really trying too hard'.

But don't you have to be a super-fit athlete to climb hard routes? 'The traditional climbing I did on the gritstone where I grew up is way more mental than physical. The moves you have to do... it's not that they are easy, but they rely more on balance and co-ordination rather than physically being able to pull on small holds or having the endurance to do lots and lots of moves.'

There's no doubt Pearson is currently at the top of his game. In autumn 2014 the 29-year-old tackled Rhapsody, near Glasgow, the first route to be ranked E11 (the E stands for 'Extremely Severe') under the British ranking system - top Scottish climber Dave MacLeod took 70 days over two years to finally conquer

it. Pearson has also completed sport-rated climbs up to 9a (the world's hardest route is graded 9b+) and has 'flashed' ultra-hard V13 boulder climbs - which basically means doing them on the spot with no preparation. And yet, after a career high in 2008 when he made the first ascent of a phenomenally tough route named The Walk Of Life, his career seemed to come to a crashing halt. The problem? After a first visit to Rhapsody (and a failure to finish it) in

2009, Pearson - in his own words - 'slagged it off'. A strict no-no in climbing's internal etiquette.

'I went to Rhapsody when I was predominantly a boulderer,' says Pearson. 'I did all of the movements I needed to pretty much on my first try, and I was like "This seems easy". But deep down I think I knew there was no way I had the endurance to be able to link everything together. There's a big difference between doing the moves and linking them.'

THE ROCK-CRUSHER CIRCUIT

Do this climbing-specific circuit on your way to functional gains, whatever your sport - add the last move as a finisher



1 CLOSE-GRIP PRESS-UP

REPS 15

Keep your

elbows tucked in to your sides to target your triceps.

Pearson says 'This is good for developing the strength for climbing mantels - getting up on a ledge when there aren't any convenient holds above it.'



2 V-SIT

REPS 15

Lie with your arms and legs off the floor. Raise your legs and reach your arms

towards them. Don't let your arms or legs touch the floor.

Pearson says 'Core strength is vital for maintaining body tension when climbing statically.'



3 KNEES-UP LOCK-OFF

TIME 30SEC

Raise your knees, pull up and then lock off at halfway. Hold for 30 seconds.

Pearson says 'Locking off with a bent arm is a key climbing technique, often used when clipping the rope to a bolt.'

4 STRAIGHT-LEG HOLD

TIME 30SEC

Aim to get your legs horizontal and arms bent, then hold for as long as possible.

Pearson says 'Always do this with bent arms. That introduces a climbing-specific upper-body element.'



5 SIDE BRIDGE HOLD

TIME 30SEC EACH SIDE

Get into a side plank and then raise one leg. Hold for 30 seconds.

Pearson says 'This move builds good core control.'

6 ONE-ARM LEG RAISE

TIME TO FAILURE

To work up to this pull-up hold, build strength with exercise 4, then practise loading one arm more than the other and recruiting the muscles down one side to control your rotation as you take the other hand off the bar.

Pearson says 'Work on the lowering phase before you try pulling up on one arm.'



Like most people who hit a plateau in their training or sport, Pearson began to doubt he had it in him to progress any further. 'At some point in my life I realised that I had gone about as far as natural climbing ability was going to take me.'

DARK ARTS

So Pearson started training. First step: moving to Innsbruck to focus on sports climbing in a bid to improve his endurance. Sports

FOR THOSE ABOUT TO ROCK

Climbing is about maximum efficiency over strength. Pearson explains how to work smarter, not harder - whether you're at your local wall or tackling El Capitan

DROP THE KNEE

'Often when you're climbing, dropping a knee in towards the rock allows you to rotate your hips into an advantageous position. This takes pressure off your arms, by putting more weight on your feet for the static hold, and allows you to reach further for the next one.'

TWIST AND REACH

'Turning your hips side-on to the wall and stepping across with a foot to the next hold keeps your centre of gravity close to the rock, so you're being pulled away from it with less force. You won't have to grip so hard and this will preserve strength in your arms, allowing you to climb further.'



climbing differs from traditional because you clip the rope into pre-bolted routes using carabiners known as 'quickdraws', rather than jamming your own gear (known as 'protection') into cracks in the rock. 'Sports climbing is more like exercise - you are taking a movement and repeating it many times while your body is battling fatigue,' says Pearson. The bolts make it much safer, so the fear is not of falling - it's of failure. And it was that fear that almost defeated Pearson.

'After 18 months of training I felt that the more I tried, the worse I was getting at climbing. Then I stopped climbing almost altogether. I also split up from my fiancée at the time and I discovered decadence, debauchery, all the dark arts.'

At this point, he was ready to call it a day and move on to something else. But then on a trip to Turkey he met Caroline Ciavaldini,

a super-successful competition sport climber from France who had been through the rigorously structured and scientific national squad training programme.

She could see that Pearson's approach to his training, as well his technique on long climbs, had been all wrong. 'At the start she said, "I'll train you if you want but I promise you three things: it's going to be painful, it's going to be boring and it's going to work. So I'll help you but you will need to commit".'

FOREARM SMASH

While training with Ciavaldini, Pearson initially suffered from a problem that will be familiar to anyone who has tried climbing at their local wall: the forearm pump. This is where you grip so hard that your muscles fatigue and you end up losing your grip. 'I had a height limit regardless of the grade -

'THE WORST THING YOU CAN DO IS RELY ON STRENGTH'

I would go up to 5m or so, get super-pumped and come off. The first moment I felt tired, fear of failure made me grip too hard and come off.'

So how did he overcome the problem? By reframing it. 'Getting tired isn't a signal that



USE YOUR CORE

'In steep climbs, using your feet to pull you in to the rock is vital - hooking a heel or a toe around the rock takes the pressure off your arms. Your legs are much stronger than your arms, so use them! During a long sequence, you should take any opportunity you can to rest and shake the pump out of your arms.'

JUMP AROUND

On short leaps, controlling the resulting swing is key - and good core strength is vital. Depending on the terrain, bringing your knees up or arching your hips in will do the trick.

I'm going to fall off any more,' says Pearson. 'It simply means I need to remain calm, because you can climb much farther than you think when you're tired just by breathing and controlling the way you move by changing your body position slightly.'

Pearson has sensible, if counter-intuitive, advice for novice climbers who have hit a plateau and think they need to get stronger to overcome it. 'The worst thing you can do is rely on strength. Fit guys are the worst for this. You can always pull harder but the amount of effort you have to put in to get physically stronger is enormous in comparison with just learning how to drop a knee or use a heel hook effectively.'

Climbing, he says, is less about being strong than being efficient. 'Go from A to B using the least effort possible. OK, you can do one-arm pull-ups on every hold and you

might look good and feel great, but if you have to do 50 of those rather than five you'll get fatigued and won't complete the climb.'

This was underlined by what happened when Pearson returned to Rhapsody last September, after methodically training for strength endurance. 'Before, when I had to do a hard move, if my fatigue levels were more than about 50% I wouldn't be able to do it. Now I can do those moves when I'm about 90% tired. I can climb harder.'

REACHING HIS PEAK

This sport-specific strength has relaunched Pearson's career and provides a good example of how structured, scientific training can help you to reach your own goals, whatever they are. 'Climbing is amazing for general fitness. It's as technical as it is physical, and you can reinvent yourself with it, whatever

your body type,' says Pearson. 'If you want to bulk up, you go bouldering - if you want to get lean, you go sport climbing.'

Now that his climbing career has come full circle, the boy from Matlock - on the edges of the Peak District - can see that he's benefited from the times of adversity. His story shows that even pro athletes suffer the same doubts and tests as the rest of us. 'The journey I took was at times really painful but I think it was the best thing that could have happened to me,' he says. Not least because Caroline Ciavaldini, the French climber who turned his climbing career around, changed his life in other ways too - they're now married. For Pearson, life is on the up. □

Thanks to The North Face Kalymnos Climbing Festival. The film Redemption: The James Pearson Story is available at hotaches.com

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THE COACH

Wes Tubb is an osteopath, personal trainer and founder of Wes James Osteopathy and Personal Training (wesjames.co.uk) in west London. He has over 12 years of experience in strength and conditioning and rehabilitation.



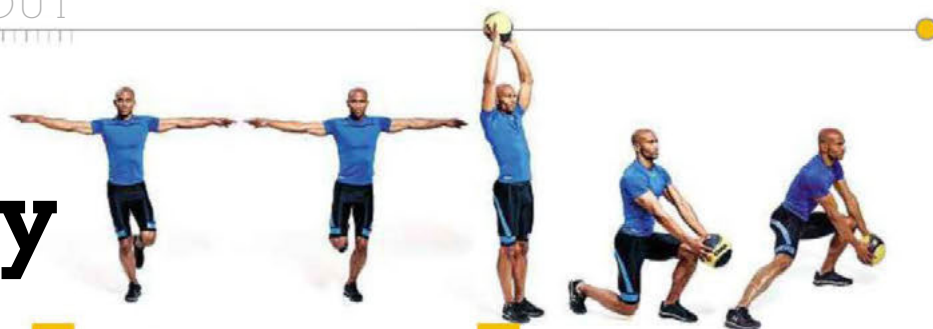
THE GOAL

'Stand on one leg and imagine you're in the middle of a clock face,' says Tubb. 'Tap your other leg to 12 o'clock, lowering your standing leg into a quarter squat as you do, then return your extended leg to the middle. Do this for each hour of the clock. The more stable you are, the greater your "proprioception", the body's "sixth sense" which co-ordinates your spatial awareness and limb movements. Good proprioceptive strength means you're more in control when performing multi-plane, explosive and single-leg exercises, which are involved in almost every sport. This workout will challenge you to improve your proprioception, integrating both your lower and upper body, and as a result you'll be able to perform sports more efficiently. You'll have more energy on the football pitch and greater power in the squat rack - plus a reduced injury risk.'

THE WORKOUT

'Perform the six moves as a circuit and do a minute of stretching as active rest between exercises,' says Tubb. 'When you start, do. For a greater challenge, do the moves back to back with no rest. Aim to complete three rounds, building up to five to encourage progression, resting for a minute after each round, and perform it once or twice a week.'

Get the interactive version of this workout in the digital edition of *Men's Fitness* SIX PACK AVAILABLE ON IPAD, IPHONE, KINDLE FIRE, ANDROID AND WINDOWS



1 Clock face hop with stabilisation

Imagine you're standing in the middle of a clock face. Stand on your right foot. Jump forwards to land at 12 o'clock on your left foot. Stabilise, keeping your knee in line with your foot, then jump back to your right foot in the middle of the clock. Repeat to 9 and 7 o'clock. Switch legs and jump to 12, 3 and 5 o'clock.

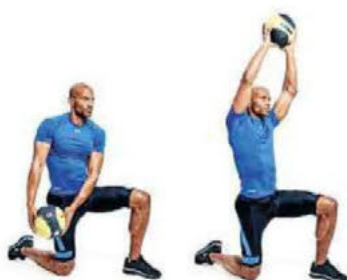
BEGINNER 9 REPS EACH LEG
INTERMEDIATE 12 REPS EACH LEG
ADVANCED 15 REPS EACH LEG



3 Bulgarian split squat

Hold dumbbells by your sides and place one foot on a bench behind you. Bend your front leg, keeping your chest up and your core braced. Pause, then drive back up through your front foot to return to the start. Make sure your knee stays in line with your foot.

BEGINNER 8 REPS EACH LEG
INTERMEDIATE 12 REPS EACH LEG
ADVANCED 15 REPS EACH LEG



5 Kneeling medicine ball woodchop

Get on one knee, holding a medicine ball with straight arms beside your kneeling leg. Brace your abs and glutes and bring the ball across your body and up. Return to the start. Keep your body upright and face forwards throughout.

BEGINNER 8 REPS EACH SIDE
INTERMEDIATE 12 REPS EACH SIDE
ADVANCED 15 REPS EACH SIDE

2 Clock face medicine ball lunge

Again, imagine you're standing on a clock face. Hold a medicine ball above your head, lunge forwards with your left leg to 12 o'clock and chop the ball towards your left shin. Push back to the start position, bringing the ball back above your head. Repeat to 9 and 7 o'clock. Switch legs and lunge to 12, 3 and 5 o'clock.

BEGINNER 9 REPS EACH LEG
INTERMEDIATE 12 REPS EACH LEG
ADVANCED 15 REPS EACH LEG



4 Single-leg stiff-leg dumbbell deadlift

Stand with a dumbbell in each hand, palms facing you and feet shoulder-width apart. Bend forward - hinging at the hips - and raise one leg straight behind you. Lower the dumbbells until you feel a stretch in your hamstrings. Keep your standing leg straight.

BEGINNER 8 REPS EACH LEG
INTERMEDIATE 12 REPS EACH LEG
ADVANCED 15 REPS EACH LEG



6 Kneeling dumbbell one-arm overhead press

Get on one knee, holding a dumbbell above your shoulder on the same side as the knee that's on the floor and another in your other hand by your side. Brace your abs and glutes and perform an overhead press, keeping your body upright and stable throughout the move.

BEGINNER 8 REPS EACH SIDE
INTERMEDIATE 12 REPS EACH SIDE
ADVANCED 15 REPS EACH SIDE

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Kam Sowman has worked with elite athletes in the UK, Australia and New Zealand and has played rugby and rowed at an elite level. He now works at West London Physiotherapy as a neuromusculoskeletal physiotherapist specialising in neck and back injuries (westlondonphysio.co.uk).

The vertebrae that run from the base of your neck (lower cervical spine) to the middle of your back (thoracic spine) transfer power between your core and upper limbs, so this part of the back is crucial for upper-body compound lifts and rotational moves. The connection between the neck, shoulder muscles, ribs and arms means each part of your upper body is affected by the others.

1 JOINT INJURY

'Hyperextension or overcompensating, such as curving your back too far during squats, can damage the facet joints that interlock the vertebrae. But the main cause is bad posture when sitting: the thoracic spine bends too much, making it stiff.'

PREVENT IT 'Don't slouch over your desk, and use a back support to engage the muscles around your spine. Keep the joints mobile at work by rolling up and down on a foam roller when your back feels tight. Before overhead and rotational exercises, work on shoulder mobility by lying on your back with your spine flat and arms overhead. Then keeping them on the floor, palms up, arc them around until they're by your side. Repeat ten times.'

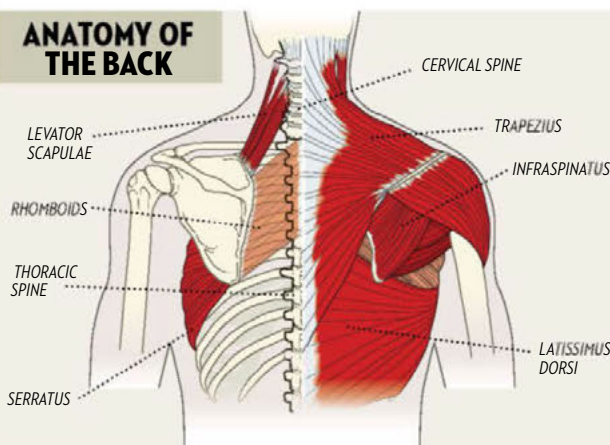
2 RIB JOINT INJURY

'Muscles in your neck attach to the first and second ribs. Doing exercises with your neck in a vulnerable position – such as with



Matthias Steiner dropped 196kg on his cervical spine at the 2012 Olympics – and was fine

ANATOMY OF THE BACK



your chin jutting forward – can damage the facet joint surfaces. Over-exertion pulls the ribs up, causing stiffness or even compressing the nerves in the neck. Rotational moves under load can also injure the rib joints.'

PREVENT IT 'Do resisted rotational moves such as cable twists. Stand side-on to a cable station, holding the handle with straight arms, and rotate your trunk to pull the handle across you. Also, avoid bringing the bar

behind your neck when doing lat pull-downs – this pushes your head forwards.'

3 MUSCLE STRAIN

'The erector spinae muscles, which run up either side of the spine, are the most likely to be injured around the upper back. Strains often afflict the upper trapezius, levator scapulae and rhomboids. This is common when relying on your upper shoulder muscles rather than

lower ones when doing a seated row, or going too heavy when bench pressing.'

PREVENT IT 'Increase the blood flow to these muscles with five minutes of gentle rowing before a workout. Then build up to your working set with light weights. After a workout, stretch each muscle group statically twice for a minute. For example, to stretch your upper traps, raise your shoulder blades slightly and tilt your head to one side.'

4 REFERRAL PAIN

'The facet joints are vulnerable to overload. Poor neck positioning and technique, typically caused by lifting weights that are too heavy, can injure the discs, joints and muscles in your neck and this can be felt as pain in your upper back.'

PREVENT IT 'Fix your posture by tucking your chin in slightly until you have a bit of a double chin, and stretch your neck regularly by looking left and right as far as you can without turning your body. Hold for five seconds.'

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IRONMAN

Two-time Ironman world champion Chris McCormack explains how to get into the sport and what to expect during a race



An Ironman - a triathlon comprising a 3.8km swim, 180km cycle and a 42km run - is the biggest physical challenge that's available to everyone. It's a bit like an achievable Everest. You'll find an event to enter no matter where in the world you live, and it's made up of three disciplines that most people can already do.

ABOVE BOARD

I took on my first one when I was 29. I had already been a pro triathlete for six years and was the world number one, and after the Sydney Olympics in 2000 I decided the

time was right to move up to the longer distance. I really suffered during the first race, but when I crossed that finish line I'd never felt such a sense of achievement.

To train for one you need bags of motivation and a good base of fitness - you're looking at about six months of training up to 20 hours a week to get ready. It's best to have done a fair few triathlons before you take on an Ironman. You can go straight into one from the Olympic distance (1.6km swim, 40km cycle, 10km run) without doing a half Ironman (1.9km swim, 90km cycle, 21km run) - but you're more likely to finish your first race if you move up through the distances.

Even if you do a half Ironman, be prepared for an Ironman to feel completely different. Although it's only twice the distance,

the cumulative fatigue makes it feel like it's much further.

COMPANY MAN

The first thing to do is link up with a triathlon club and find people you can go on the journey with. Training for an Ironman solo can be a lonely experience, but with a crew it's fun. Getting suits, a bike and shoes that fit you properly is expensive but essential - if you're uncomfortable, you'll really suffer.

To my mind, achieving any goal is only worth the journey you take to accomplish it. And tackling an Ironman is pretty much the most epic journey *all* of us can go on.

Chris McCormack's book *I'm Here To Win* is available now. For more visit maccax.com

PAST IRON Three Ironman finishers share the advice they wish they'd been given before their first race



» GET EDGY

'If you start the swim in the middle of the pack, it feels as if you're in an underwater moshpit for the entire 3.8km. For a calm first leg,

position yourself at the back outer edge of the group, where there aren't as many people to bump into or swim over you.'

Ian Bedwell, Ironman Switzerland finisher



» GO WITH THE FLOW

'Piss on the go. It sounds disgusting but loads of riders wee into their shorts on the bike. If you need to go several times,

doing your business on the move will save you quite a bit of time over the whole leg.'

Matthew DeHaty, Ironman Challenge Almere-Amsterdam finisher



» RUN THE GAUNTLET

'Keep running for as long as you can. I managed 32km before I slowed to a walk. Once I started walking,

everything started to hurt more - I almost had to stop. Running was more mentally demanding but it hurt less.'

MF editor Nick Hutchings, Ironman Switzerland finisher

TREBLES ALL ROUND

There are 41 official Ironman races - here are four of the best and most accessible

IRONMAN UK BOLTON, 19TH JULY



The Bolton course is fairly flat, so it's great for PBs, and goes through the town, so people line the streets to cheer competitors on. But you also get out into the surrounding countryside, giving you a nice variety of views.
bit.ly/15AzR1d

IRONMAN SWITZERLAND ZURICH, 19TH JULY



The swim and run legs are in the city centre but the bike route takes you deep into beautiful Alpine countryside. The standout feature is Heartbreak Hill, a 5% climb you do twice, while spectators cheer and jangle cowbells. Why not?
bit.ly/1z1bLrd

IRONMAN WALES PEMBROKESHIRE, 13TH SEPT



If you want to take on a true monster, the Pembrokeshire Ironman is hard to beat. After a turbulent sea swim you have to complete a ride and run that are as lumpy as a stegosaurus's back. The views, as you'd expect, are stunning.
bit.ly/1ykFY02

IRONMAN MAASTRICHT-LIMBURG NETHERLANDS, 2ND AUGUST



The swim down the river Maas takes you under the provincial government building for a spookily subterranean vibe. The two-loop bike course includes the vicious Cauberg Hill, which will test even the most seasoned Ironmen.
bit.ly/15Kr4ei

THREE PIECE

Gear to keep you as comfortable as possible on the long road to the finish line



» Skin Strong Slather cream

£11 skinstronguk.com
Slather the, er, Slather cream over areas of skin that are likely to get chafed by your wetsuit, tri-suit and shoes and you'll create a lasting moisture barrier to reduce the friction that causes blisters and abrasions. A must for a comfortable race.

» Speedo LZR Racer Comp Singlets

Top £37.50
Shorts £40
wiggles.co.uk
An Ironman is a long race, and unfortunately you'll probably need a poo at some point. With a two-piece tri suit, you can pull down the bottoms in seconds rather than spend precious minutes trying to unzip and wriggle your way out of a tight one-piece.



» Kinesio tape

£9 kinesiotaping.co.uk
If you've picked up a minor joint or muscle misalignment injury in training, kinesio tape can be used to take weight off the area and make it track properly. In theory, this means you'll start to recover without needing to stop training.



1



2



3

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4

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www.bluebeards-revenge.co.uk



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6 MUSCLE SNACK JERKY AND BILTONG



Wild West Beef Jerky and Cruga Biltong are high in protein, taste great, can be eaten as you train, and take up little space in your gym bag. These are brilliant snacks to take with you everywhere. www.thejerkygroup.com

7 PROTEIN BAR R-BAR



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8 WORKOUT GEAR GYM SHARK



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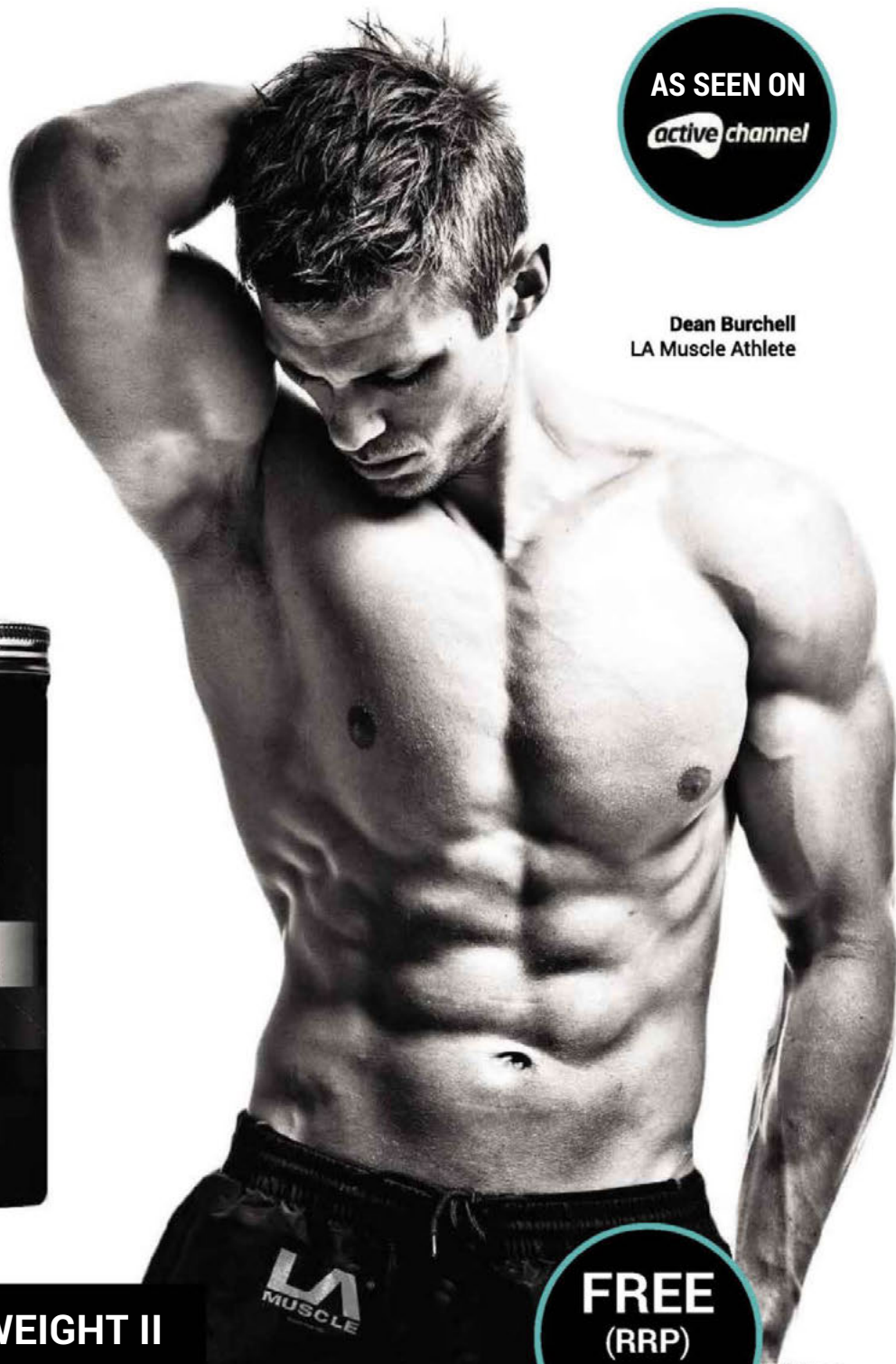


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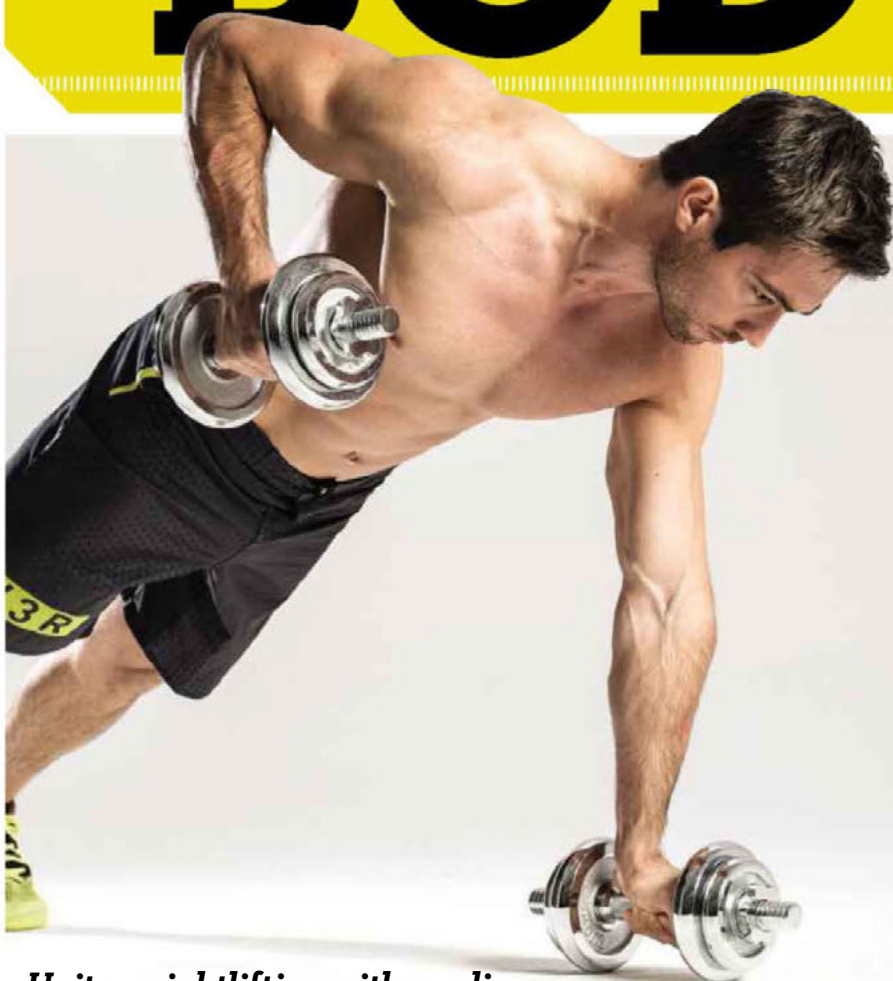


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BODY

WYORK



Unite weightlifting with cardio in this plan to build lean mass

How to split your time between burning fat and building muscle is a common problem. But you don't have to compromise if you have an effective way to combine them in one workout. 'Interval weight training (IWT) is a fantastic way to develop strength and endurance and blast fat without losing muscle mass in one full-body workout,' says trainer Stuart Walton, who devised this plan.

Coach Pat O'Shea designed IWT for sportsmen - but the combination of power, strength and sprint-style conditioning each workout demands means it's also an excellent tool for torching fat. In Walton's version of IWT, each workout is made up of three phases. Phases one and two pair an explosive power development lift with a two-minute high-intensity burst. Phase three typically works whatever is missing, so if the first two phases are pull-focused, these moves will concentrate on pushing.

As a result you'll boost your work capacity and improve your physique with every workout. Problem solved.

HOW TO DO THESE WORKOUTS

Every workout includes three supersets - pairs of moves done back to back with no rest - that work your whole body. Ideally you'll do four workouts a week in the order they're laid out, resting

WEEKS 1 + 2

Find out your one-rep max for the strength and power lifts, and lift 50-60% of this weight in moves 1A and 2A. For exercises 1B and 2B, always record the number of reps or distance covered during the two-minute interval so you can monitor your progress. To get the full benefit of these moves, aim to work at 90-95% of your max heart rate.

WEEKS 3 + 4

Repeat the first two weeks' routines but, to increase training intensity to work your muscles harder and burn more fat in the process, aim to increase the weight you lift or distance you cover during the intervals, and in the third phase reduce your rest between sets from 60 to 30 seconds. ➤

THIS MONTH'S TRAINER

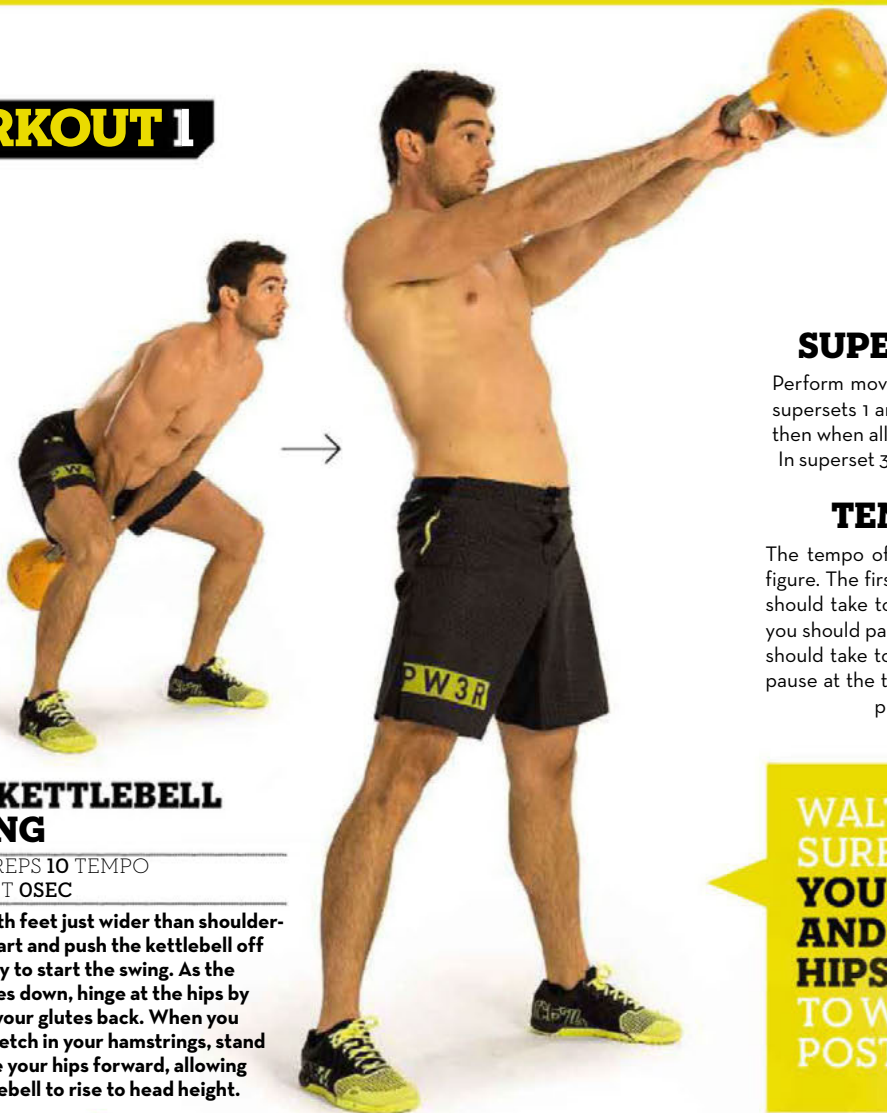


Stu Walton is a performance coach and director of Covalent Coaching (covalentcoaching.co.uk). Combining fitness and lifestyle coaching, he focuses on helping people realise their potential.

WEEK 1

Fire up your metabolism with these four dynamic workouts

WORKOUT 1



1A// KETTLEBELL SWING

SETS 3 REPS 10 TEMPO
N/A REST OSEC

Stand with feet just wider than shoulder-width apart and push the kettlebell off your body to start the swing. As the bell comes down, hinge at the hips by pushing your glutes back. When you feel a stretch in your hamstrings, stand and drive your hips forward, allowing the kettlebell to rise to head height.

SUPERSETS EXPLAINED

Perform moves A and B back-to-back with no rest. In supersets 1 and 2, rest for two minutes after each set, then when all reps are completed rest for five minutes. In superset 3, rest for 60 seconds between supersets.

TEMPO EXPLAINED

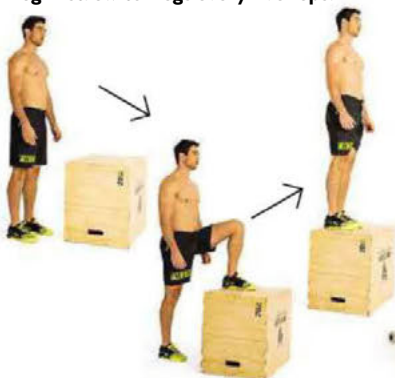
The tempo of each move is expressed as a four-digit figure. The first digit indicates how long in seconds you should take to lower the weight, the second how long you should pause at the bottom, the third how long you should take to lift and the fourth how long you should pause at the top. An X means you should perform that phase of the move explosively.

WALTON SAYS 'MAKE SURE YOU SQUEEZE YOUR GLUTES AND SNAP YOUR HIPS FORWARDS TO WORK YOUR POSTERIOR CHAIN'

1B// BODYWEIGHT STEP-UP

SETS 3 TIME 2MIN TEMPO
N/A REST 2MIN

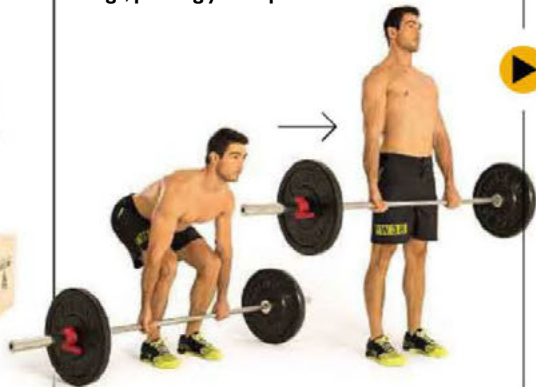
Stand in front of a bench or box. Place one foot onto it, drive through the heel of your raised foot to step up with the other foot. Step back down with your leading leg first. Switch legs every five reps.



2A// DEADLIFT

SETS 3 REPS 10 TEMPO 2020 REST OSEC

Hold the bar with hands shoulder-width apart and a mixed grip so one palm faces away and the other towards you. Start with your arms straight and knees slightly bent. Keeping your chest up and your back straight, drive down through your heels and pull the bar up your legs, pushing your hips forwards to stand tall.



2B// RUN ON THE SPOT

SETS 3 TIME 2MIN TEMPO N/A REST 2MIN

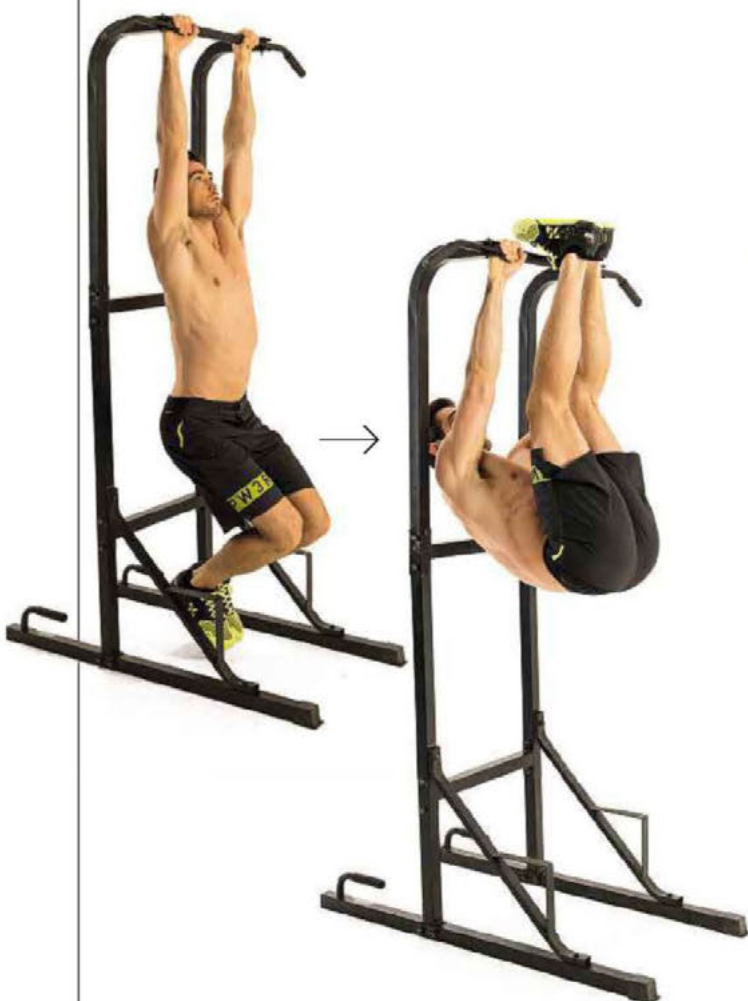
Run as fast as possible on the balls of your feet, keeping your chest up and pumping your arms to help generate momentum.



3A// TOES-TO-BAR

SETS 3 REPS 10 TEMPO 1010 REST 0SEC

Hang from a pull-up bar with an overhand grip. Contract your core and bring your legs up together so your toes touch the bar, then lower to the start under control.



3B// RING DIP

SETS 3 REPS 10 TEMPO 1010 REST 60SEC

Hold the rings with an overhand grip, arms extended and palms facing. Lean forward to recruit your chest muscles. Keeping your arms close to your body, bend them and lower until your hands are level with your chest, then press back up powerfully.

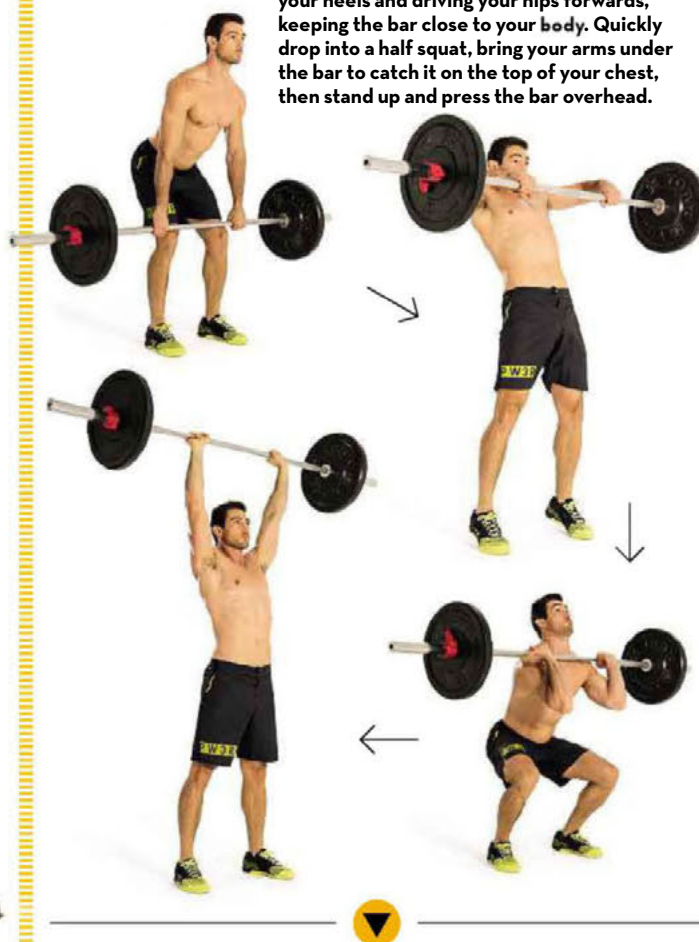


WORKOUT 2

1A// HANG POWER CLEAN AND PRESS

SETS 3 REPS 10 TEMPO N/A REST 0SEC

From just above knee level raise the weight to chest height by powerfully pushing through your heels and driving your hips forwards, keeping the bar close to your body. Quickly drop into a half squat, bring your arms under the bar to catch it on the top of your chest, then stand up and press the bar overhead.



1B// ROW

SETS 3 TIME 2MIN TEMPO N/A REST 2MIN

Start with the seat close to your heels and hold the handle with straight arms. Keep your back straight and drive powerfully through your feet to straighten your legs, but don't lock them. Pull the handle close to your sternum and lean back slightly. Reverse the movement - arms first, then legs - to the start.



2A// WEIGHTED STEP-UP

SETS 3 REPS 5 EACH SIDE TEMPO 1010 REST 0SEC

Hold a dumbbell in each hand by your sides and tense your core. Step onto a bench or high box with one leg, then drive through the heel on that foot and bring the other foot up. Step back down with the leading leg, followed by the other leg to return to the start.



WALTON SAYS 'THIS UNILATERAL MOVE INCREASES STABILITY AND STRENGTH FOR SQUATS, DEADLIFTS AND EVEN SPRINTING'

2B// SKIP

SETS 3 TIME 2MIN TEMPO

N/A REST 2MIN

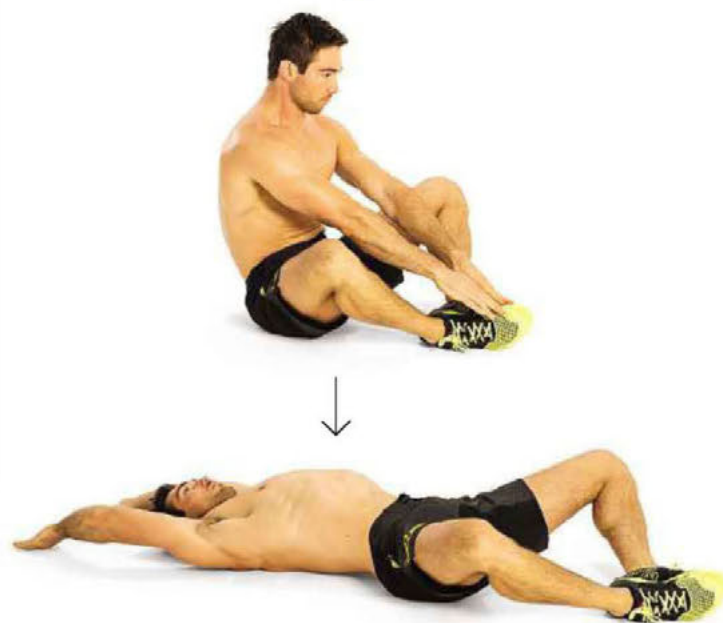
Bounce on the balls of your feet with your legs together. Look straight ahead and keep your elbows close to your body, rotating the rope by making small circles with your wrists.



3A// RING PRESS-UP

SETS 3 REPS 10 TEMPO 2010 REST 0SEC

Set up the rings so they're almost twice the height of the box. Hold the rings with a hammer grip, palms facing. Put your feet on the box and extend your arms so you're in a press-up position. Keep your elbows close to your sides and your core tensed while you bend your arms to lower your chest to ring height, keeping your body in a straight line. Press down to return to the start. As you get comfortable with the move, lower the rings.



3B// FROG SIT-UP

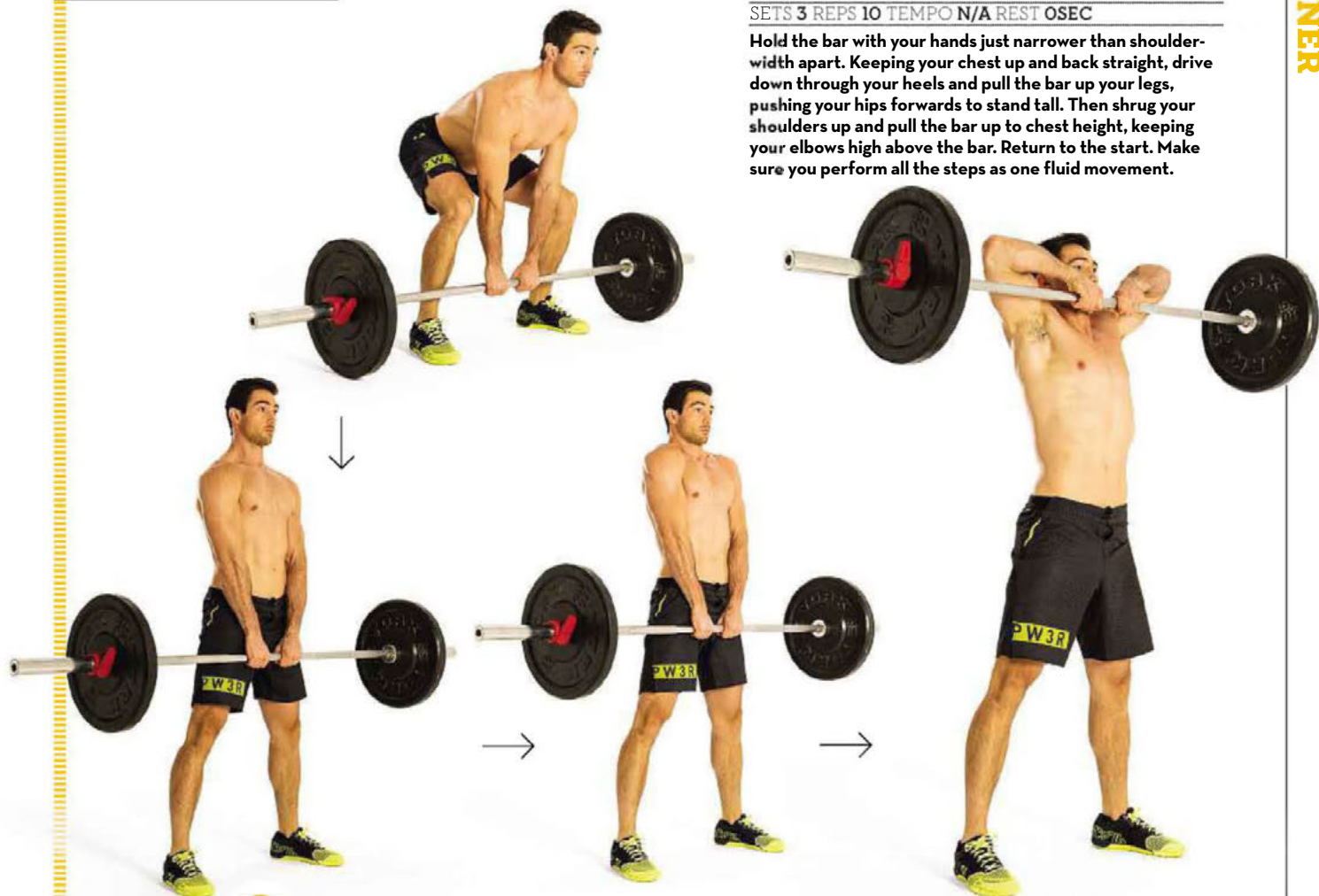
SETS 3 REPS 20 TEMPO 2010 REST 60SEC

Sit on the floor with the soles of your feet together and knees out to your sides. Slowly lower your back to the floor, using your core muscles to help you control the movement, and touch the floor above your head with your hands. Now contract your abs to sit up and touch your toes in front of you.

WORKOUT 3**1A// SUMO DEADLIFT
HIGH PULL**

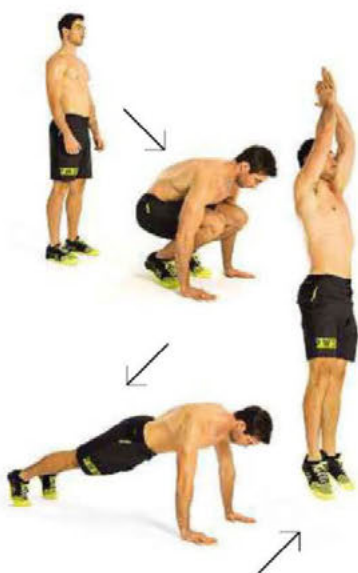
SETS 3 REPS 10 TEMPO N/A REST OSEC

Hold the bar with your hands just narrower than shoulder-width apart. Keeping your chest up and back straight, drive down through your heels and pull the bar up your legs, pushing your hips forwards to stand tall. Then shrug your shoulders up and pull the bar up to chest height, keeping your elbows high above the bar. Return to the start. Make sure you perform all the steps as one fluid movement.

**1B// BURPEE**

SETS 3 TIME 2MIN TEMPO N/A REST 2MIN

From standing, drop down and place your hands on the floor outside your feet. Jump your feet back so you're in the top of a press-up position, then back to between your hands. Jump up, clapping your hands overhead.

**2A// BENCH PRESS**

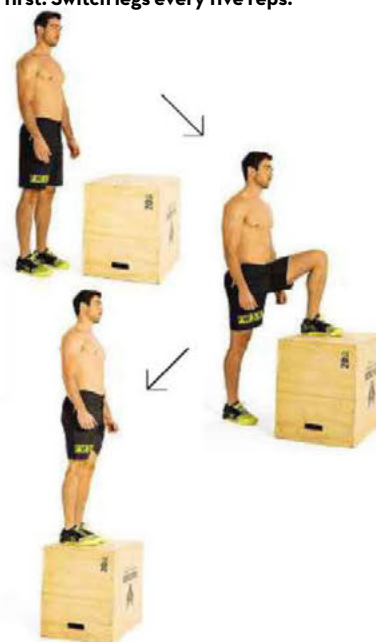
SETS 3 REPS 10 TEMPO 2020 REST OSEC

Lie on a flat bench holding the bar with an overhand grip, with hands just wider than shoulder-width apart and arms straight. Lower until the bar touches your chest, then drive your feet hard into the floor and press the weight straight up powerfully.

**2B// STEP-UP**

SETS 3 TIME 2MIN TEMPO N/A REST 2MIN

Stand in front of a bench or box. Place one foot onto it, drive through the heel of your raised foot to step up with the other foot. Step back down with your leading leg first. Switch legs every five reps.





3A// RENEGADE ROW

SETS 3 REPS 8 EACH SIDE
TEMPO 2010 REST OSEC

Start in a press-up position with your feet shoulder-width apart and a dumbbell in each hand. Brace your core to keep your hips static and row one dumbbell up to your armpit. Alternate sides.

WALTON SAYS 'THIS HELPS BALANCE THE PUSHING ACTION OF THE BENCH PRESS WHILE ADDING THE CORE-STRENGTHENING BENEFIT OF HOLDING A PLANK'



3B// BODYWEIGHT SQUAT

SETS 3 REPS 30 TEMPO
2010 REST 60SEC

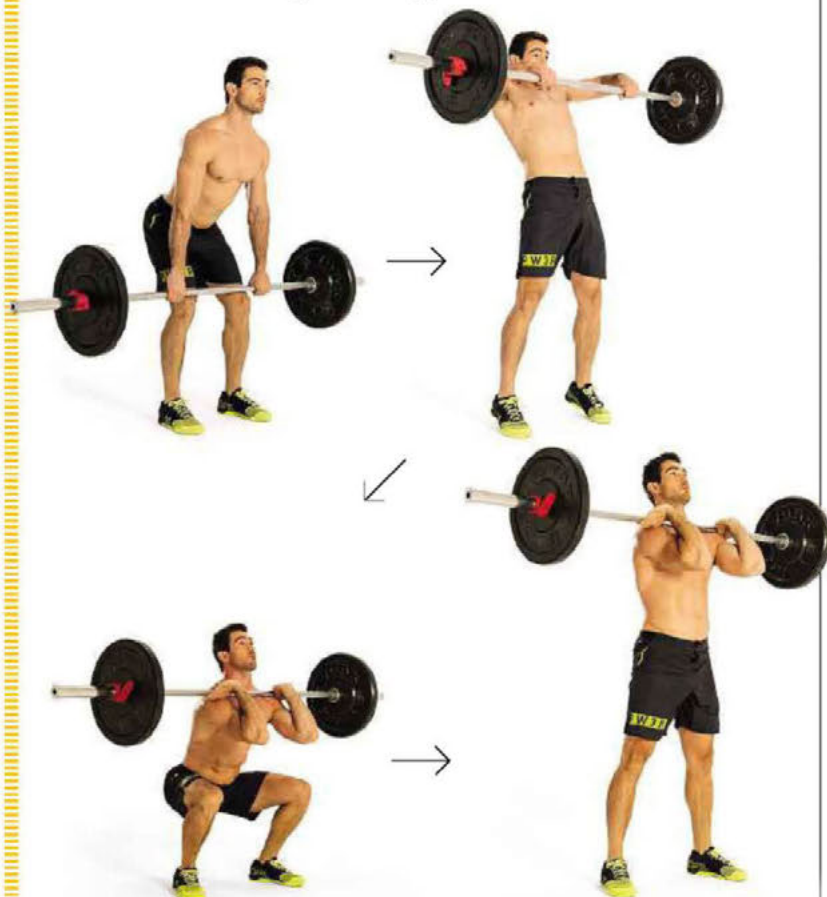
With feet shoulder-width apart, your chest up and core braced, squat down until your thighs are at least parallel to the floor. Drive back up through your heels to stand.

WORKOUT 4

1A// HANG CLEAN

SETS 3 REPS 10 TEMPO N/A REST OSEC

From just above knee level, raise the weight to chest height by powerfully pushing through your heels and driving your hips forwards, keeping the bar close to your body. Quickly drop into a squat and bring your arms under the bar to catch it on the top of your chest and stand. Return to the start under control.



1B// BOX JUMP

SETS 3 TIME 2MIN TEMPO N/A REST 2MIN

Stand facing a knee-high box or bench. Jump powerfully onto it, using your arms to generate momentum if you need to and bending your knees to soften your landing. Step rather than jump down, then repeat.



2A// BENT-OVER ROW

SETS 3 REPS 10 TEMPO 2010 REST OSEC

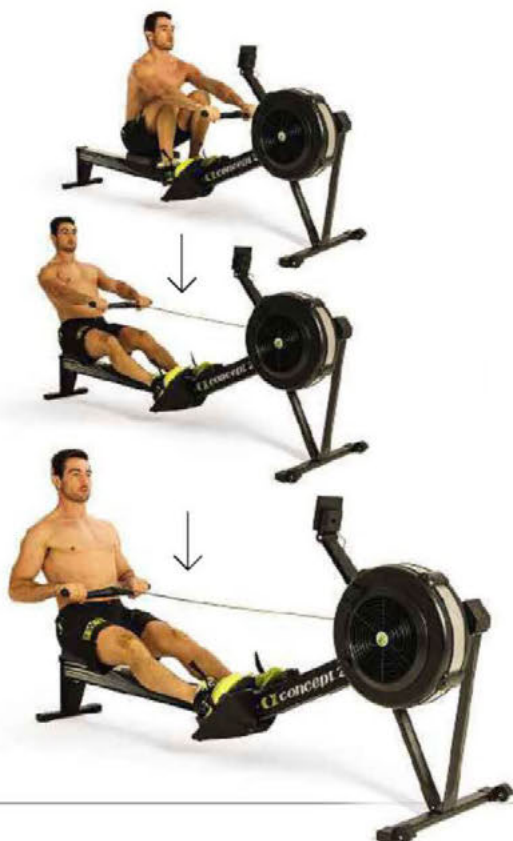
Bend your knees slightly and hinge forward from the hips, keeping your back slightly concave and your shoulder blades back throughout. Holding the bar with an overhand grip just outside your legs, pull the weight up to your lower sternum, then lower.



2B// ROW

SETS 3 TIME 2MIN TEMPO N/A REST 2MIN

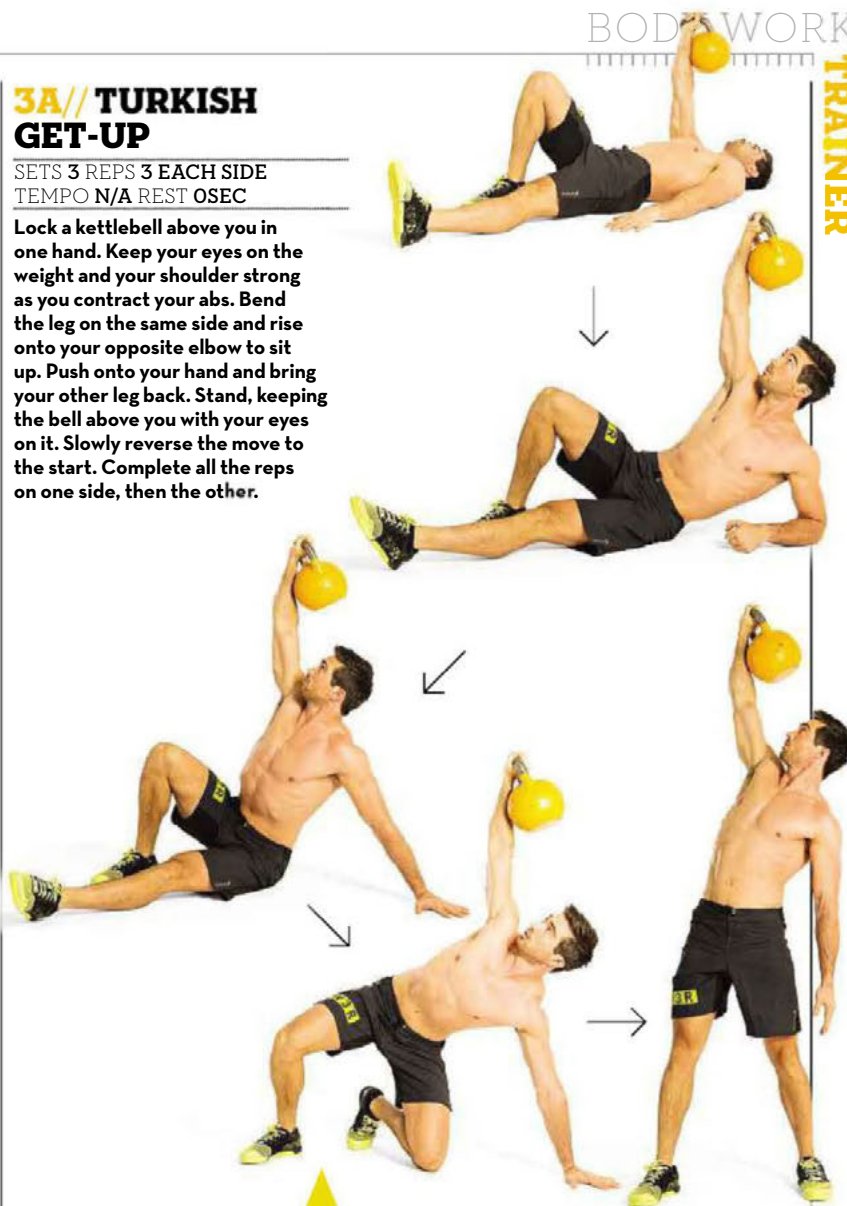
Start with the seat close to your heels and hold the handle with straight arms. Keep your back straight and drive powerfully through your feet to straighten your legs, but don't lock them. Pull the handle close to your sternum and lean back slightly. Reverse the movement - arms first, then legs - to the start.



3A// TURKISH GET-UP

SETS 3 REPS 3 EACH SIDE TEMPO N/A REST OSEC

Lock a kettlebell above you in one hand. Keep your eyes on the weight and your shoulder strong as you contract your abs. Bend the leg on the same side and rise onto your opposite elbow to sit up. Push onto your hand and bring your other leg back. Stand, keeping the bell above you with your eyes on it. Slowly reverse the move to the start. Complete all the reps on one side, then the other.

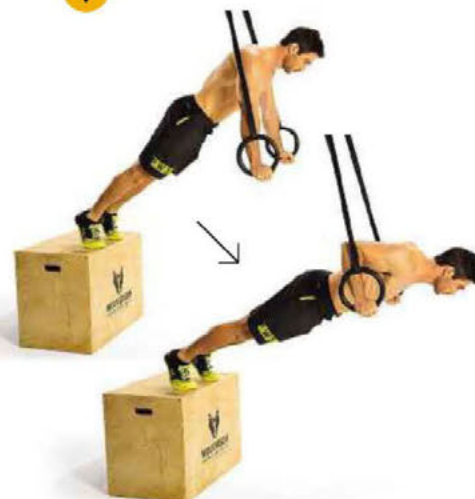


WALTON SAYS 'SLOW AND STEADY WINS HERE. THE SLOWER YOU COMPLETE THE MOVEMENT, THE GREATER THE BENEFIT YOU'LL ENJOY'

3B// RING PRESS-UP

SETS 3 REPS 15 TEMPO 2010 REST 60SEC

Set up the rings so they're almost twice the height of the box. Hold the rings with a hammer grip, palms facing. Put your feet on the box and extend your arms so you're in a press-up position. Keep your elbows close to your sides and your core tensed while you bend your arms to lower your chest to ring height, keeping your body in a straight line. Press down to return to the start.



WEEK 2

Keep up the intensity to maximise your muscle growth and fat loss

WORKOUT 5

1A// PUSH PRESS

SETS 3 REPS 10 TEMPO
10X0 REST OSEC

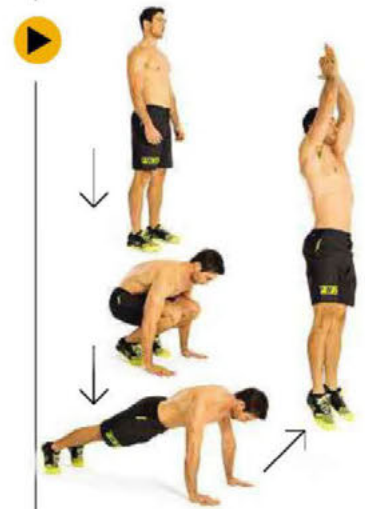
With your feet shoulder-width apart, position the bar on your upper chest, gripping it with hands just wider than shoulder-width apart. Keep your core braced and bend your knees to lower into a quarter squat before driving back up and using the momentum to press the bar overhead.



1B// BURPEE

SETS 3 TIME 2MIN TEMPO
N/A REST 2MIN

From standing, drop down and place your hands on the floor outside your feet. Jump your feet back so you're in the top of a press-up position, then back to between your hands again. Jump up, clapping your hands overhead.



2A// INCLINE DUMBBELL PRESS

SETS 3 REPS 10 TEMPO 2020 REST OSEC

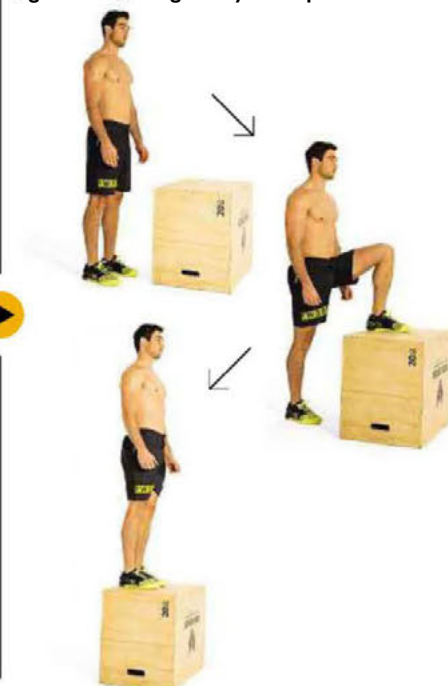
Lie on a bench set at a 45° angle, holding dumbbells beside your chest. Drive your feet into the floor and press the weights straight overhead before lowering slowly.



2B// BODYWEIGHT STEP-UP

SETS 3 TIME 2MIN TEMPO N/A REST 2MIN

Stand in front of a bench or box. Place one foot onto it, drive through the heel of your raised foot to step up with the other foot. Step back down with your leading leg first. Switch legs every five reps.



3A// RING CHIN-UP

SETS 3 REPS 5 TEMPO N/A REST OSEC

Hold rings with palms facing and hands shoulder-width apart. Brace your core and pull yourself up until your chin is above the bottom of the rings, keeping your elbows close to your body, then lower under control.



**3B// RING
INVERTED ROW**

SETS 3 REPS 10 TEMPO N/A REST 60SEC

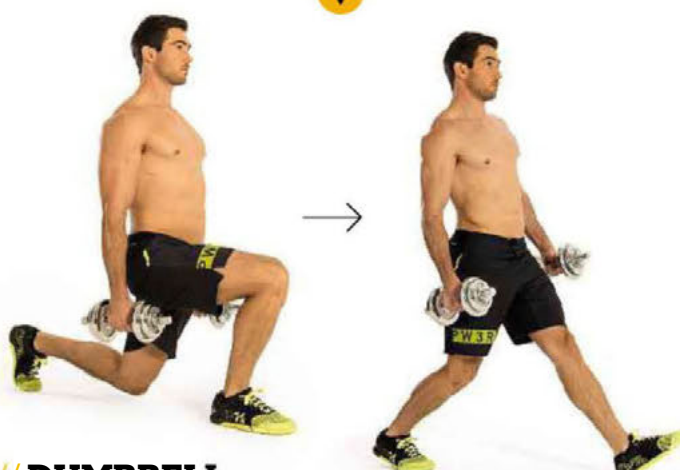
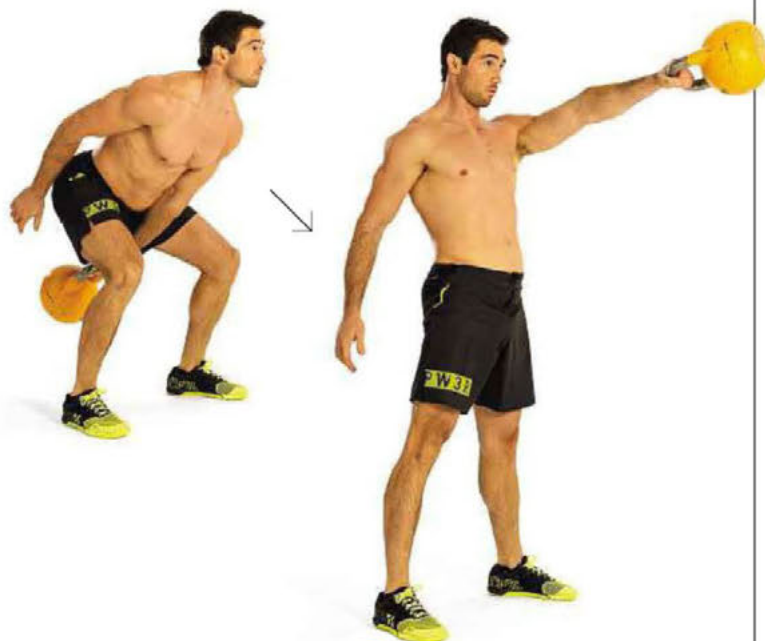
Hold the rings and hang so your body forms a straight line, with your heels on the floor and your core braced. Squeeze your shoulder blades together and pull yourself up, drawing your hands towards your armpits. Pause, then lower slowly.



WALTON SAYS 'KEEP YOUR CORE BRACED BUT DON'T LOCK YOUR KNEES. PUSH INTO THE FLOOR WITH YOUR HEELS TO STABILISE YOURSELF AS YOU ROW.'

WORKOUT 6**1A// ONE-ARM
KETTLEBELL SWING**SETS 3 REPS 10 EACH SIDE
TEMPO N/A REST 05EC

Stand with your feet just wider than shoulder-width apart, holding the kettlebell in one hand with the other arm out to your side for balance. Push the kettlebell off your body to start the swing. As the bell comes back down, hinge at the hips by pushing your glutes back. When you feel a stretch in your hamstrings, stand and drive your hips forward, allowing the kettlebell to rise to head height.

**1B// DUMBBELL
WALKING
LUNGE**SETS 3 TIME 2MIN TEMPO
N/A REST 2MIN

Holding dumbbells in each hand, lunge forwards, keeping your back upright and your front knee in line with your front foot. Lower until your back knee is just off the floor, then drive through the heel of your front foot to stand and continue straight into a lunge with your other leg.





WALTON SAYS 'BECAUSE YOU CAN'T LEAN FORWARD DURING THE FRONT SQUAT, IT **BLASTS YOUR CORE AS WELL AS YOUR LEGS**'



2A// FRONT SQUAT

SETS 3 REPS 10 TEMPO 2020 REST OSEC

Rest the bar across your upper chest with your hands holding it in place and your elbows as high as you can get them. Keeping your chest up and back straight, squat down until your thighs pass parallel, then drive back up.

2B// ROW

SETS 3 TIME 2MIN TEMPO N/A REST 2MIN

Start with the seat close to your heels and hold the handle with straight arms. Keep your back straight and drive powerfully through your feet to straighten your legs, but don't lock them. Pull the handle close to your sternum and lean back slightly. Reverse the movement - arms first, then legs - to the start.



3A// FLOOR PRESS

SETS 3 REPS 10 TEMPO 2020 REST OSEC

Lie down with your legs bent so your soles of your feet are flat on the floor. Get someone to lower the bar onto you and position it just above the middle of your chest. Hold the bar with hands just wider than shoulder-width apart. Drive your feet and back into the floor and powerfully press the bar above you. Lower it until your upper arms touch the floor.



3B// WIPER

SETS 3 REPS 20 TEMPO 2020 REST 60SEC

Follow on from the floor press. With the bar pressed above you and your arms straight, raise your legs together so they are vertical. Ensuring you keep the bar and your shoulders still, use your core muscles to slowly lower your legs to either side until you feel a stretch in your obliques.

**WORKOUT 7****1A// POWER CLEAN**

SETS 3 REPS 10 TEMPO N/A REST 0SEC

Raise the weight to chest height by powerfully pushing through your heels and driving your hips forwards, keeping the bar close to your body. Quickly drop into a half squat, bring your arms under the bar to catch it on the top of your chest and stand up. Carefully return the bar to the floor.

**1B// BODYWEIGHT STEP-UP**

SETS 3 TIME 2MIN TEMPO N/A REST 2MIN

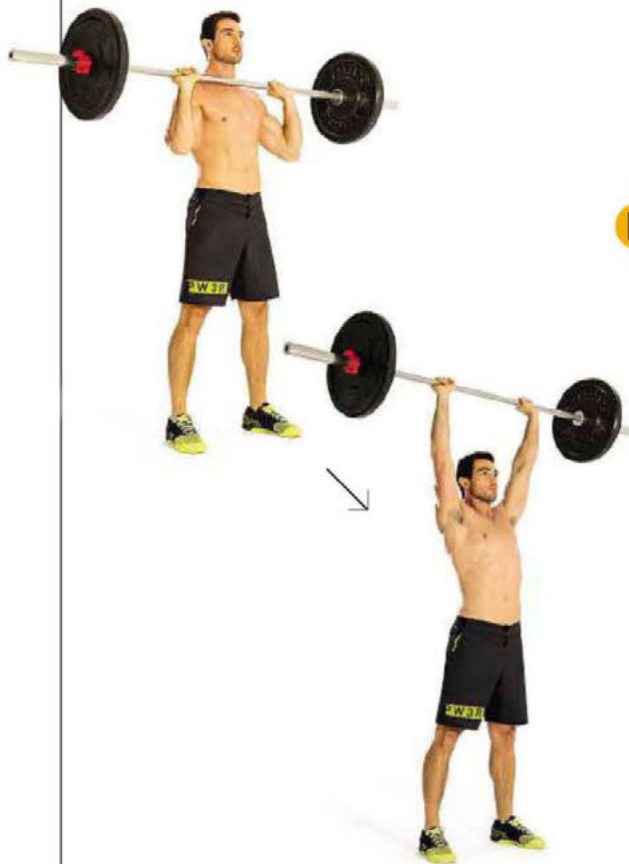
Stand in front of a bench or box. Place one foot onto it, drive through the heel of your raised foot to step up with the other foot. Step back down with your leading leg first.



2A// BARBELL OVERHEAD PRESS

SETS 3 REPS 10 TEMPO 2020 REST 0SEC

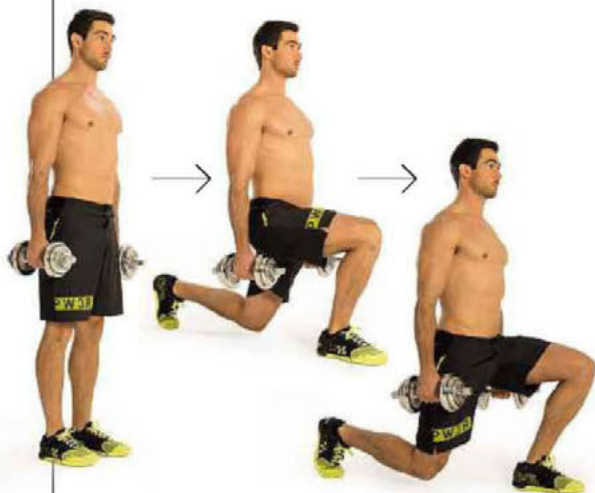
Stand with your feet shoulder-width apart, holding the bar with hands just wider than shoulder-width apart. Brace your core and glutes to keep your balance and press the bar overhead. Lower it until it's sitting on the top of your chest.



3A// DUMBBELL LUNGE

SETS 3 REPS 10 EACH SIDE TEMPO 2010 REST 0SEC

Stand tall, holding a dumbbell in each hand. Lunge forwards, keeping your back upright and your front knee in line with your front foot. Lower until your back knee is just off the floor, then drive through the heel of your front foot to the start position. Alternate legs.



2B// RUN ON THE SPOT

SETS 3 TIME 2MIN
TEMPO N/A REST 2MIN

Run as fast as possible on the balls of your feet, keeping your chest up and pumping your arms to help generate momentum.



3B// TOES-TO-BAR

SETS 3 REPS 10 TEMPO 2010 REST 60SEC

Hang from a pull-up bar with an overhand grip. Contract your core and bring your legs up together so your toes touch the bar, then lower to the start under control.



WALTON SAYS 'CONTROL THE MOVEMENT FROM YOUR ABS. FOR AN ADVANCED VARIATION, HANG FOR 2-3SEC PER REP WITH YOUR TOES TOUCHING THE BAR'

jst
Jodie
MARSH

WORKING
OUT WILL
NEVER BE
THE SAME
WHEN YOU
TRAIN THE
JWHEY



CHOCOLATE
PEANUT BUTTER



WHITE CHOCOLATE



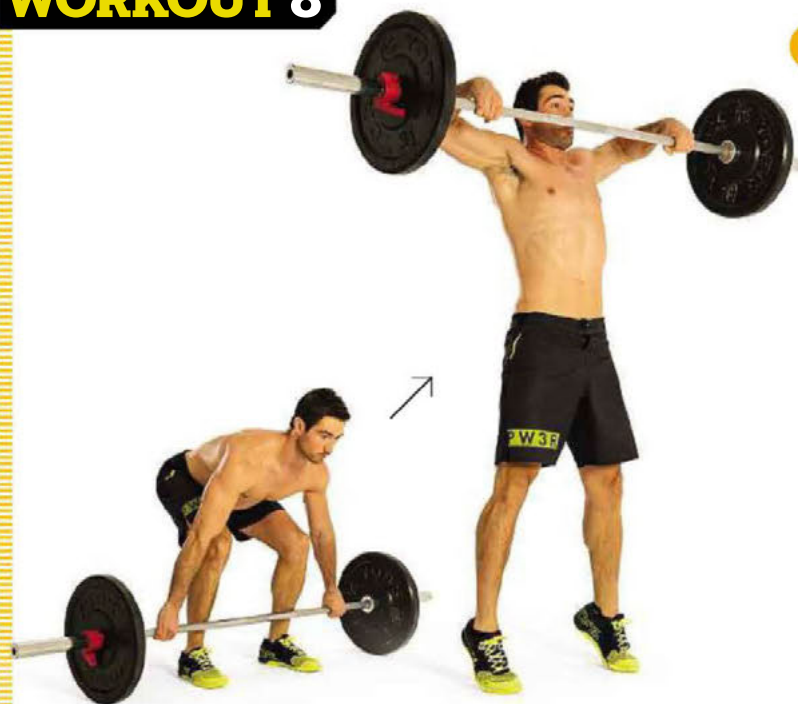
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WORKOUT 8



1A// SNATCH HIGH PULL

SETS 3 REPS 10 TEMPO N/A REST OSEC

Lower into a squat and grasp the bar with a snatch grip so your hands are at least double shoulder-width apart. Keeping your back and arms straight and your head neutral, push through your heels to raise the bar, driving your hips forwards powerfully, and lift it to neck height, keeping your elbows high above the bar. Return the bar to the floor.

2B// ROW

SETS 3 TIME 2MIN TEMPO N/A REST 2MIN

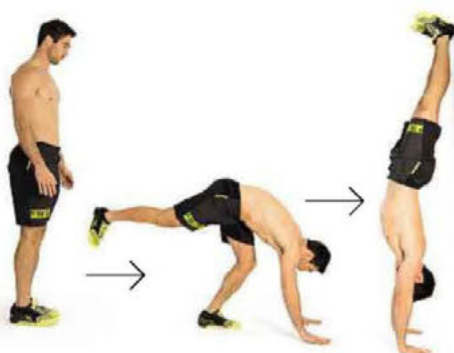
Start with the seat close to your heels and hold the handle with straight arms. Keep your back straight and drive powerfully through your feet to straighten your legs, but don't lock them. Pull the handle close to your sternum and lean back slightly. Reverse the movement - arms first, then legs - to the start.



3A// HANDSTAND HOLD

SETS 3 TIME 30SEC HOLD TEMPO N/A REST OSEC

Place your hands slightly wider than shoulder-width apart on the floor and kick both legs up into the air to rest against the wall. Tuck your head in, press into the floor to engage your shoulders and tense your abs to keep your body in line.



1B// SKIP

SETS 3 TIME 2MIN TEMPO N/A REST 2MIN

Bounce on the balls of your feet with your legs together. Look straight ahead and keep your elbows close to your body, rotating the rope by making small circles with your wrists.



2A// BARBELL LUNGE

SETS 3 REPS 5 EACH SIDE TEMPO 2010 REST OSEC

Resting the bar on the back of your shoulders, lunge forwards, keeping your back upright and your front knee in line with your front foot. Lower until your back knee is just off the floor, then drive through the heel of your front foot to return to the start position. Alternate legs.



3B// HOLLOW HOLD

SETS 3 TIME 30SEC HOLD TEMPO N/A REST 60SEC

Lie with your legs together and hands overhead. Contract your core muscles to raise your legs and arms until just your glutes and lower back are touching the floor. Keep your neck neutral, breathe evenly and hold the position. Rest if you have to, but ensure you hold this position for a total of 30 seconds for each set.



WALTON SAYS 'YOUR BODY SHOULD BE TIGHT FROM HEAD TO TOE - IF YOUR LEGS DROP YOU AREN'T TIGHT ENOUGH'

KEEP GOING
YOUR

AND WAKE UP
POWER

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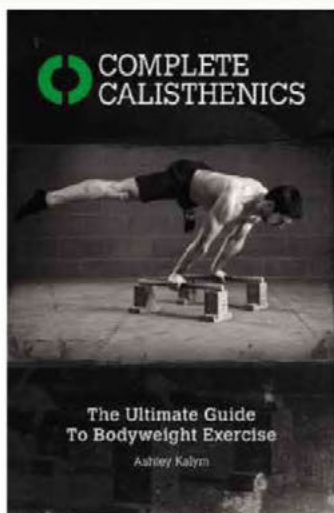
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2015

Skegness Triathlon

Sunday 10th May

Part 1 of the Lincolnshire Triathlon Series. A pool based sprint distance triathlon set alongside the iconic town of Skegness. A 400m swim starts the race followed with a 19k bike ride and a 5k run.

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Sunday 5th July

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Louth Triathlon

Sunday 6th September

Part 2 of the Lincolnshire Triathlon Series. A pool based sprint distance event set in the beautiful countryside north of Louth. Starting with a 400m swim followed by a flat 22k bike and a 5k run around historic Louth.



Rockingham 10 & Rockingham Duathlon

Sunday 15th November

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If Training Masks - which simulate high-altitude conditions - are helping the world's most famous big-wave surfer ride giants, we're going to start using them in training too

 **Strength Tip: single leg work shouldn't be a max effort endeavor.**

Things get sloppy, and defeats the purpose. Reduce weight, do it right.

Tony Gentilcore @tonygentilcore1

The US core training expert doesn't want you going for one-rep maxes when single-leg Romanian deadlifting

 **If two vegetarians are arguing, is it still considered beef?**

Karl Williams @KarlKommitted

We've come up with a few alternative terms to suggest to online coach Karl Williams - but somehow calling it 'Quorn' or 'soy' just isn't the same

 **New Year's Day lunch! What? Hot fudge sundae IS a food group ... At least in the Jackman's world it is.**

Hugh Jackman @RealHughJackman


It turns out even X-Men have cheat days, so don't feel guilty for occasionally going off the reservation

 **Snowing, wind and dark, love training!**

Kilian Jornet @kilianj


The world's best skyrunner's nighttime runs up mountains in snowstorms make

us feel pathetic for complaining about drizzle during our lunchtime park runs

 **If you meet a man with a beard who can't deadlift 2x body weight, you are legally allowed to shave it off his face with a lawnmower.**


Dan John @fakedanjohn

The top US strength coach is not impressed by skinny urbanites trying to look like rugged frontiersmen just by chucking out their razors

 **The more specific you are about planning your goals, the better your results will be.**

Joe Manganiello @JoeManganiello

So don't do a few biceps curls and expect to build a massive chest. Just look at the *True Blood* star - he knows what he's talking about

 **Between sets I look around @crossfitutility, I'm surrounded by only women doing cleans, jerks and snatching #CrossFit #GameChanger**

Dan Bailey @Dan_Bailey9

The message that lifting doesn't mean women will build unwanted bulk is finally getting through, says this elite CrossFitter. Good



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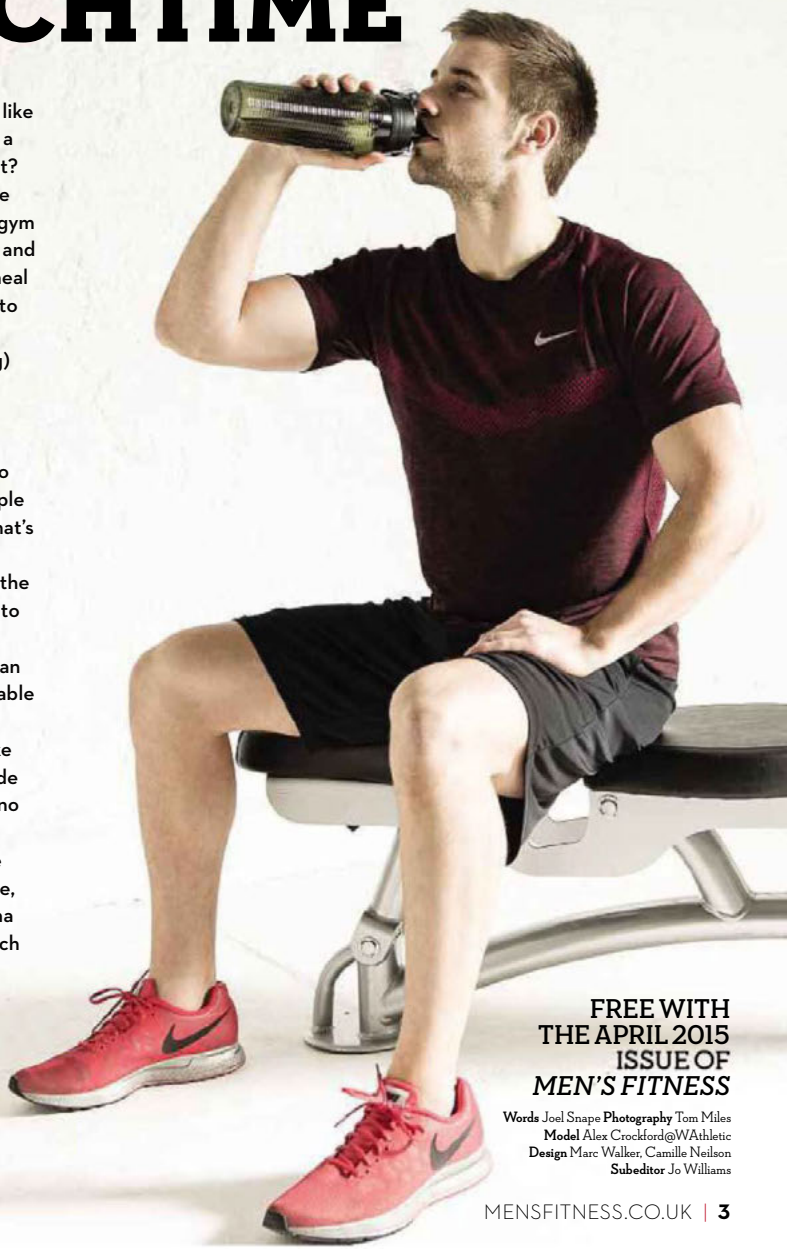
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GET FIT AT LUNCHTIME

A lunch hour seems like plenty of time for a workout, doesn't it? But somehow – once you've factored in getting to the gym and back, having a shower and grabbing a post-training meal – you've scarcely got time to pick up a dumbbell before it's time to hit the (heaving) changing room.

Don't despair. With planning, you can squeeze more effective training into 20 minutes than most people manage in an hour – and that's where this book comes in. We've assembled some of the UK's top personal trainers to put together workouts for every eventuality, so you can work with whatever's available to you at that time. Each workout is designed to take up less time than an episode of *The Simpsons* and uses no more than one bit of kit.

And, of course, if you've got the luxury of more time, you can always grab a sauna or a better class of sandwich afterwards. Get to it.



**FREE WITH
THE APRIL 2015
ISSUE OF
MEN'S FITNESS**

Words Joel Snape Photography Tom Miles
Model Alex Crockford@WAtHletic
Design Marc Walker, Camille Neilson
Subeditor Jo Williams

PLAN OF ACTION

With just an hour to spare before you have to be back at your desk, it's essential to use every minute in the gym wisely. Here's how this guide can help you

WARM-UP

You may be short on time, but don't be tempted to skip the warm-up. We demonstrate the most effective way to get ready for your workout and avoid injury.

WORKOUTS

You don't have to waste time waiting for one particular piece of kit to become available - we've gathered the best workouts for a wide variety of gym equipment, so you're always able to work out straight away.

- 8** Legs workout
- 10** Suspension trainer workout
- 12** Bodyweight workout
- 14** Kettlebell workout
- 16** Upper-body band workout
- 18** Barbell workout
- 20** Total-body dumbbell workout
- 22** Dumbbell shoulder workout
- 24** Barbell arms workout
- 26** Kettlebell core workout

IT'S ABOUT TIME

Is even 20 minutes too long a workout for you? Don't worry - there are even quicker workouts that will still make you much leaner and fitter.



20-MINUTE WORKOUTS



START

The two-minute... **WARM-UP**

Even with minimal time to train, you shouldn't neglect your warm-up - it will help to avoid injury and allow you to move more weight more efficiently when the real work starts. Make the right choices and it needn't take long.

1

Upper back roll

REPS 10-15

Lie with your upper back on a foam roller, with your arms across your chest. Roll backwards and forwards, paying particular attention to any sore spots.



2

IT band roll

REPS 10 EACH SIDE

Lie with the outside of your thigh on a foam roller, supporting yourself with your arm. Roll up and down, paying particular attention to any sore spots.

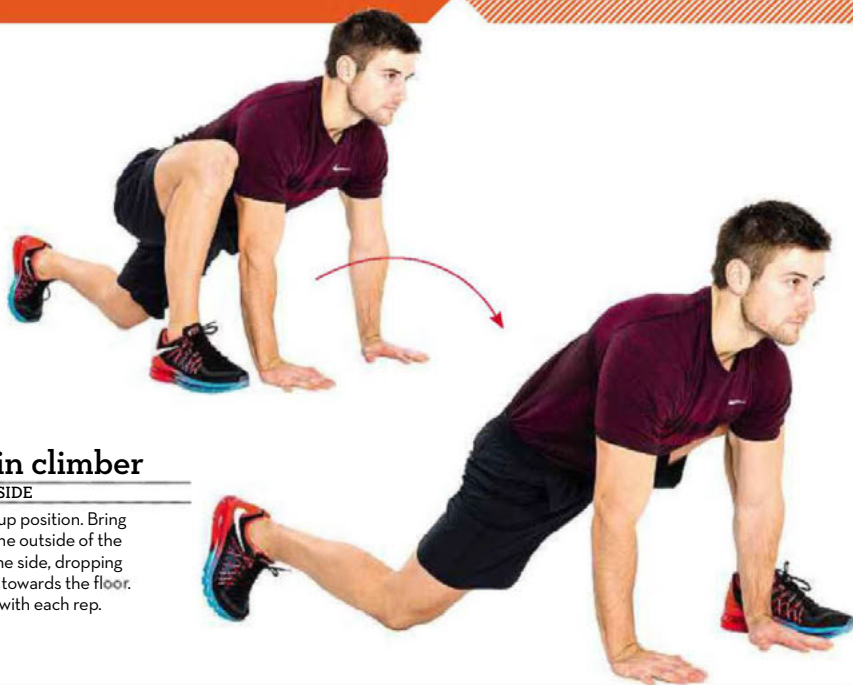


3

Mountain climber

REPS 10 EACH SIDE

Start in a press-up position. Bring one foot up to the outside of the hand on the same side, dropping your hip slightly towards the floor. Alternate sides with each rep.



4

Fire hydrant

REPS 1 EACH SIDE

Get on your hands and knees and bring one leg up and out to the side. Do ten small circles with your knee one way, and ten the other. That completes one rep. Return to the start and repeat on the other side.



WORKOUT 1

The best...

LEGS WORKOUT

'Single-leg work is often neglected, but it shouldn't be because it ensures balanced growth and strength gains,' says trainer Shivam Patel. 'This workout focuses on the glutes and hamstrings, which are key for strength and power in sports. It attacks fast-twitch and slow-twitch muscles fibres, as well as working on cardio.' Do as many circuits as you can in 20 minutes, trying not to rest.



1

Deadlift

REPS 10

Stand with your feet shoulder-width apart with your toes under the bar. Squat and take hold of the bar just outside your shins. Push through your heels and pull the weight up your body, driving your hips forwards. Lower under control. Aim to use your bodyweight on the bar, but go lighter if you're inexperienced.

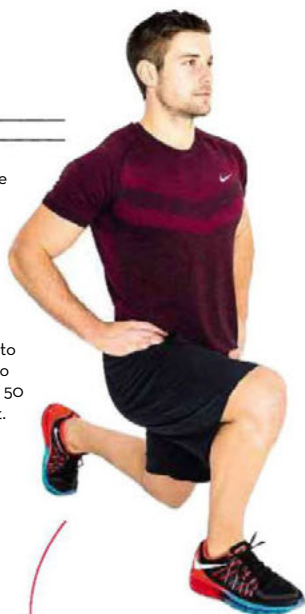


2

Walking lunge

DISTANCE 50M

This targets your slow-twitch muscle fibres. Take a big step forwards into a lunge, allowing your trailing knee to brush the floor, and then bring your rear through to repeat. If there's no space to 'walk', do 50 lunges on the spot.



3

Frog jump

REPS 5

Start in a deep squat with your feet wide and hands touching the floor. Spring forwards and land in a squat. 'This loads your hamstrings eccentrically, forcing them to grow,' says Patel.



WORKOUT 2

The best...

SUSPENSION TRAINER WORKOUT

Suspension trainers are your secret weapon in building an iron core – they add instability to any move, forcing your abs and obliques to work overtime. As a bonus, this workout, by strength coach Chris Burgess, burns fat so you'll be able to see the results of all your hard work. Complete all the moves, rest for a minute, then repeat three more times.

1

Bridge to inverted row

TIME 60SEC

Lie on the floor, holding both handles with your arms extended. Keeping your feet on the ground, drive your hips as high as possible into the air. At the top of the move, pull on the handles until they touch your shoulders. Reverse to the start.



2

Press-up

TIME 60SEC

Hold the handles just wider than shoulder-width apart and place your feet under the anchor point. Lean forwards into a press-up position. Lower yourself as far as possible, then press back up.

3

Squat jump

TIME 60SEC

Hold a handle in each hand and squat as low as possible. Drive up through your heels and jump off the floor. Land softly, and go straight into the next rep.



4

Superman

TIME 60SEC

Stand just under the anchor point, holding a handle in each hand just outside your thighs. Lean forwards, bringing your hands overhead, bracing your core and keeping your body in a straight line. Pause and reverse the move to stand up.

WORKOUT 3

The best...

BODYWEIGHT WORKOUT

'This is all about intensity,' says Burgess. 'It also includes moves that will make your body more mechanically sound, so you'll have a base for building serious strength later on.' Complete all the moves, rest for a minute, then repeat three more times.

1

Overhead wall squat

TIME 60SEC

Stand with your nose and toes against a wall and your feet shoulder-width apart. Raise your arms overhead so your fingers brush the wall and squat, sitting back so your knees don't touch the wall. Press back up through your heels. Keep your nose and toes in contact with the wall at all times.



2

Spider-Man press-up

TIME 60SEC

Get into a press-up position. Lower yourself towards the floor, bringing one knee up to your elbow. Press up and return to the start. Alternate sides with each rep.



3

Jump lunge

TIME 60SEC

From a lunge position, explode up and change legs in mid-air, landing in a lunge on the opposite side. Alternate sides with each rep.

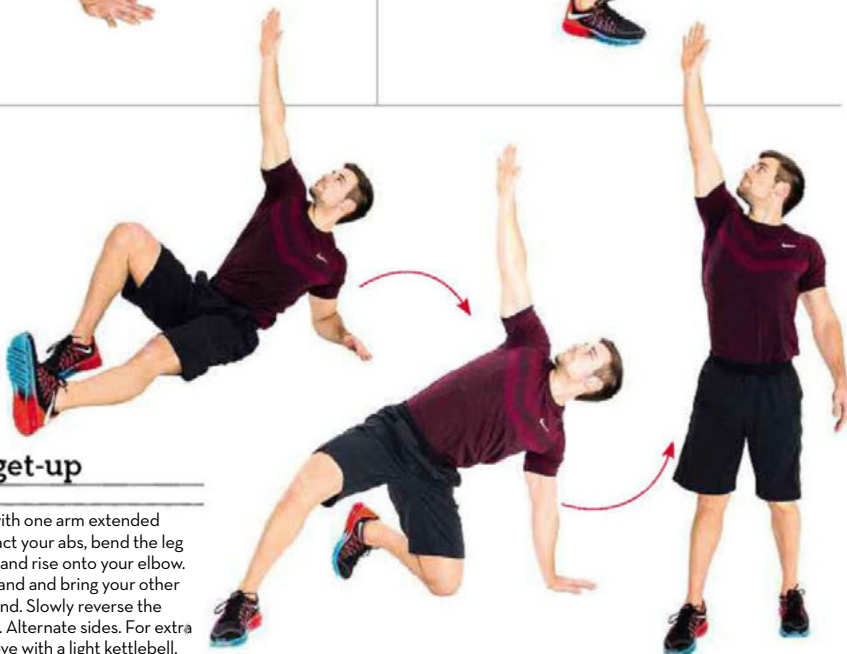


4

Turkish get-up

TIME 60SEC

Lie on the floor with one arm extended overhead. Contract your abs, bend the leg on the same side and rise onto your elbow. Push onto your hand and bring your other leg back, then stand. Slowly reverse the move to the start. Alternate sides. For extra points, do the move with a light kettlebell.



WORKOUT 4

The best...

KETTLEBELL WORKOUT

'Sitting all day at work is detrimental to pretty much everything, from posture to performance,' says trainer Sean McPhillips. 'This workout is designed to counteract some of that by working your posterior chain – the muscles, tendons and ligaments on the back of your body.' The workout should take no more than 20 minutes.



1

Kettlebell swing

SETS 5 REPS 20
REST 30SEC

Stand with feet just wider than shoulder-width apart and push the kettlebell off your body to start the swing. As the bell comes down, hinge at the hips by pushing your glutes back. When you feel a stretch in your hamstrings, stand and drive your hips forward, allowing the kettlebell to rise to head height.

2

Turkish get-up

SETS 1 EACH SIDE
REPS 6 REST NONE

'This move works pretty much every muscle in your body,' says McPhillips. 'Go slowly through each step for stability and to keep your muscles under tension for longer.' Start on the floor with the kettlebell overhead, then stand up, looking at the kettlebell throughout (see p13 for full form guide).



3

Bent-over row

SETS 5 REPS 8 REST 30SEC

Lean forwards at the hips, holding a kettlebell in each hand, making your back slightly concave and retracting your shoulder blades. Pull your elbows up and back, bringing the handles to your armpits. Pause and lower.



4

Kettlebell front squat

SETS 4 REPS 10 REST 30SEC

Bring the kettlebells to a rack position - handles touching, the bells resting against your forearms. Squat until your elbows are inside your knees, then stand up again.



WORKOUT 5

The best...

UPPER-BODY BAND WORKOUT

'A band is a fantastic training tool you can use anywhere,' says McPhillips. 'If there's tension on the band, there's tension on the muscle, and you can do almost every dumbbell move you can think of with them so they're highly versatile.' Do each move for the prescribed sets and reps, then move on to the next. The workout should take no more than 20 minutes.



1

Band pull-apart

SETS 4 REPS 25 REST 30SEC

Stand with your feet shoulder-width apart, holding the band in both hands with your arms straight out in front of you. Pull the band apart until your arms and torso form a T-shape. Pause, then slowly let the band back in.

2

Standing band press

SETS 4 REPS 25 REST 30SEC

Stand with your feet shoulder-width apart. Loop one end of the band around both feet and press the other end overhead. Keep your core and glutes braced throughout.

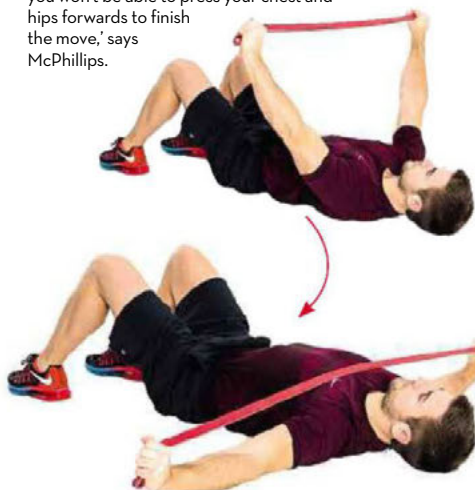


3

Lying band pull-apart

SETS 4 REPS 25 REST 30SEC

'This is the same movement as the standing band pull-apart, but with more isolation as you won't be able to press your chest and hips forwards,' says McPhillips.



4

Standing one-arm band press

SETS 4 REPS 10
EACH SIDE REST 30SEC

Stand with your feet shoulder-width apart. Loop one end of the band around one foot and press the other end overhead. 'This allows you to isolate each arm and work them hard,' says McPhillips.



**1**

Bent-over row

REPS 10

Bend your knees slightly and hinge forward from the hips, keeping your back slightly concave and your shoulder blades back throughout. Holding the bar with an overhand grip just outside your legs, pull the weight up to your lower sternum, then lower.

WORKOUT 6

The best...

BARBELL WORKOUT

Changing plates takes time you don't have, but you can do an effective complex with a single weight. 'You don't put the weight down during the session, so select it carefully,' says Rob Coles, who put this workout together. 'You may need to go lighter than you think.' Do all the moves as a circuit, rest for 90 seconds, then repeat four to six times.

2

Hang power clean

REPS 10

Stand, holding the barbell with an overhand grip. Bring your hips back slightly, then bring them forwards as you come up on your toes, using momentum to bring the bar up to your shoulders – your arms shouldn't be doing much of the work. Sink into a shallow squat to catch it, then stand.

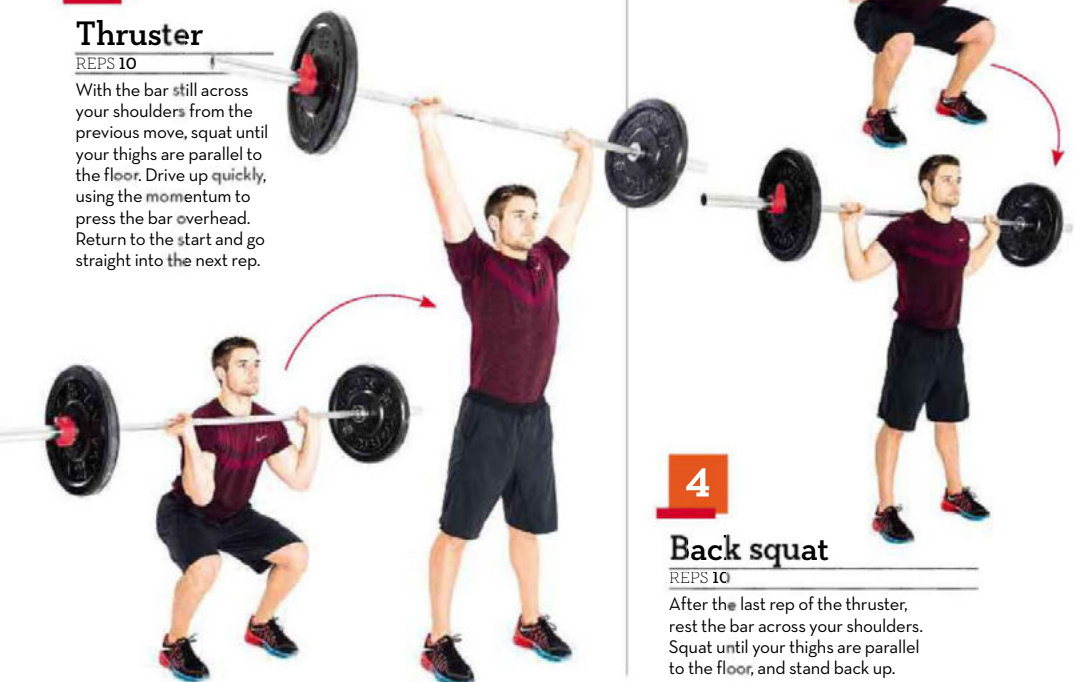


3

Thruster

REPS 10

With the bar still across your shoulders from the previous move, squat until your thighs are parallel to the floor. Drive up quickly, using the momentum to press the bar overhead. Return to the start and go straight into the next rep.



4

Back squat

REPS 10

After the last rep of the thruster, rest the bar across your shoulders. Squat until your thighs are parallel to the floor, and stand back up.



1

Squat

TIME 30SEC

Stand holding a dumbbell in each hand by your sides. Squat until your thighs are parallel to the floor, then push through your heels to return to standing.



WORKOUT 7

The best...

TOTAL-BODY DUMBBELL WORKOUT

Only got a pair of dumbbells to hand? You can still get a decent workout with this complex. 'Choose a heavy weight to build muscle, or go light and fast to burn fat and build cardio,' says Coles. Do as many rounds of the circuit as you can in 20 minutes.

2

Renegade row

TIME 30SEC

Get into a press-up position with a dumbbell in each hand. Lower your chest to the floor, press up and pull one dumbbell into your armpit. Return to the start and repeat on the other side. Alternate sides for the stated time.

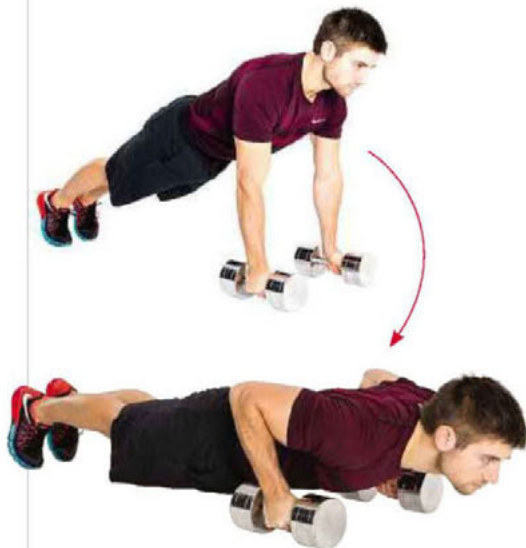


4

Press-up

TIME 30SEC

Get into a press-up position with a dumbbell in each hand. Lower your chest to the floor, then press up. Keep your body tensed to stop the dumbbells from rolling.



3

Thruster

TIME 30SEC

Holding the dumbbells at your shoulders, squat until your thighs are parallel to the floor. Stand up and use the momentum to press the dumbbells overhead.

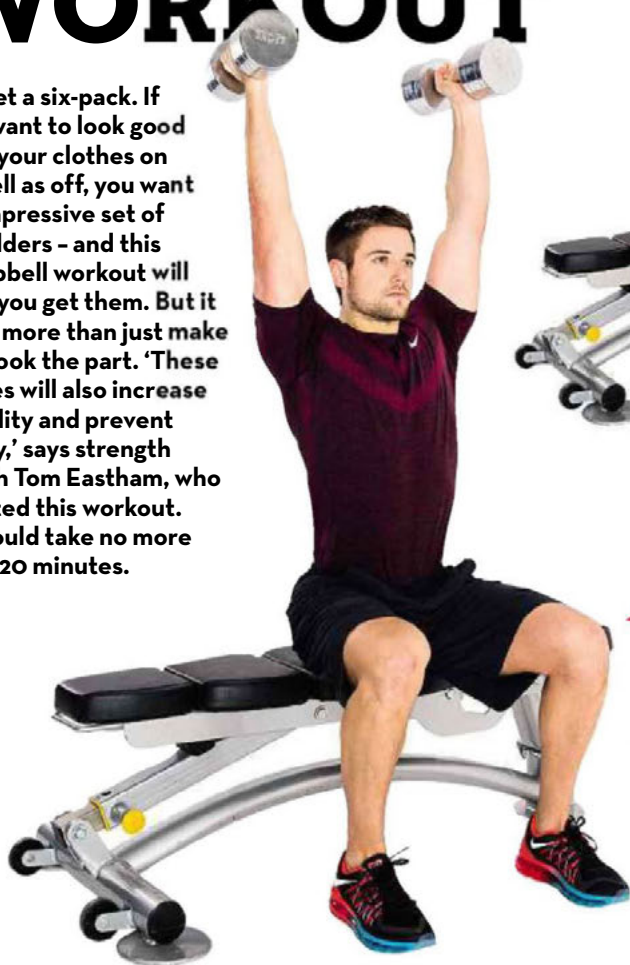


WORKOUT 8

The best...

DUMBBELL SHOULDER WORKOUT

Forget a six-pack. If you want to look good with your clothes on as well as off, you want an impressive set of shoulders – and this dumbbell workout will help you get them. But it does more than just make you look the part. ‘These moves will also increase stability and prevent injury,’ says strength coach Tom Eastham, who created this workout. It should take no more than 20 minutes.



1

Seated dumbbell overhead press

SETS 3 TIME 45SEC REST 45SEC

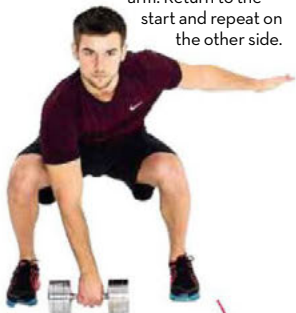
Sit on a bench or box, holding a dumbbell in each hand above your shoulders with a neutral grip, palms facing. Brace your abs and press the dumbbells overhead, then lower under control.

2

Dumbbell snatch

SETS 3 TIME 45SEC
EACH SIDE REST 45SEC

Start with a dumbbell on the floor, gripping it in one hand. Pull it upwards and pop your hips forwards, using a jumping motion to drive the dumbbell overhead and catch it with a straight arm. Return to the start and repeat on the other side.



3

Standing rotational press

SET 3 REPS 12 REST 45SEC

Stand straight, holding a dumbbell in each hand at shoulder height with your palms facing you. Press overhead, rotating your wrists until your palms are facing away from you. Reverse the move to the start.



4

Lateral raise

SETS 3 REPS 15 REST 45SEC

Stand straight holding a dumbbell in each hand by your sides. Bring them out to the sides until they're at shoulder height *without* moving your hips or allowing them to move forwards. Lower *under* control.



WORKOUT 9

The best...

BARBELL ARMS WORKOUT

If you want shirt-filling forearms but don't have long to train, a barbell is your best bet, says Eastham. 'Barbells tend to be thicker than dumbbells, so they work your forearm and grip much harder,' he says. 'They also let you shift more weight.' Do all the exercises in order as a circuit, with no rest. Then rest for two minutes and repeat four or five times.



1

Standing curl

TIME 60SEC

Stand tall and curl the barbell up to your chest. Squeeze for one second at the top and lower for three seconds.

2

Reverse curl

TIME 60SEC

Hold the barbell with a reverse grip and curl it up to your chest. Squeeze for one second at the top and lower for three seconds.



3

Lying extension

TIME 60SEC

Lie on the floor or a bench holding a barbell above you with straight arms. Bend your elbows to lower the barbell towards your head. Straighten your arms again to return to the start.

4

Close-grip press

TIME 60SEC

Lie on the floor or a bench holding the barbell with a shoulder-width grip, arms straight. Lower it to touch your chest, then press back up. Repeat with control.



WORKOUT 10

The best...

KETTLEBELL CORE WORKOUT

Want improved abs? Then it's time to unleash bell. This 20-minute monster combines fat-torching moves to reveal your abs with core-building moves to strengthen them – and it even works your side abs too. The result will be a core that's as functional as it is photogenic. Do all the moves as a circuit, rest for 60 seconds and then repeat four times.

1

Single-arm kettlebell swing

REPS 10 EACH SIDE

This doesn't just burn fat – it will also force you to stabilise through your core because of the offset loading. Push the kettlebell off your body to start the swing. As the bell comes down, hinge at the hips by pushing your glutes back. Then stand and drive your hips forward, allowing the kettlebell to rise to head height.

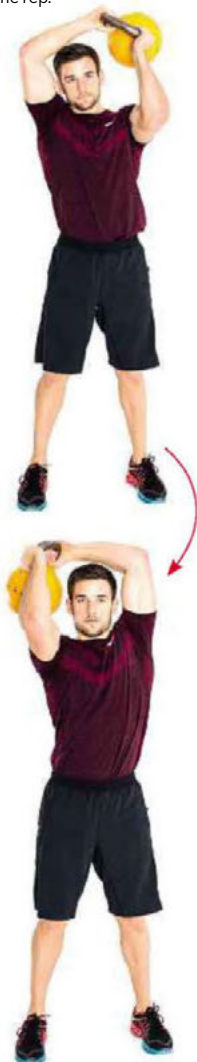


2

Halo

REPS 10

Hold the horns of the kettlebell in both hands and move it around your head in a circle. Go one way, then the other – that's one rep.



3

Goblet squat

REPS 16

This foolproof version of the squat will strengthen your lower back, as well as firing up your metabolism for fat burning. Holding the bell in both hands, squat until you're low enough to brush your elbows against your knees, then drive through your heels to stand up.



4

Windmill

REPS 5 EACH SIDE

Hold the kettlebell overhead with one hand. Bend at the hips to touch your hanging hand to the foot on the same side. Keep your raised arm straight and keep looking at the hips. Keep your raised arm straight and keep looking at the kettlebell throughout. Stand under control and complete all the reps on one side before switching to the other.



IT'S ABOUT TIME

Can't spare even 20 minutes to work out? Here's how to get it done even faster

GET A PULL-UP BAR

...and put it in the kitchen doorway. Every time you walk past – to boil the kettle or make your dinner – pay a two pull-up 'tax'. Or try ladders: do one pull-up, drop off the bar and shake your arms out, then do two, then three and so on until you can't go any more. You'll hit double figures in no time.

DO FIVE MINUTES OF PRESS-UPS

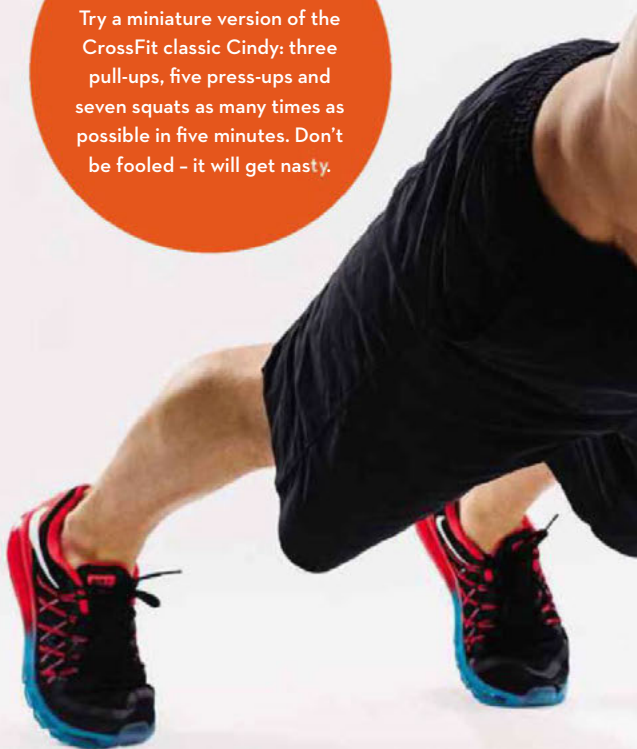
If you perform five press-ups every 15 seconds for five minutes you'll complete a total of 100 – plenty for the day. Too hard? Start with two and add one every week.

TRY FOUR-MINUTE TABATAS

Tabata workouts – 20 seconds' work, ten seconds' rest for a total of four minutes – can be done on with almost any exercise. At home, warm up quickly and aim for, say, eight burpees per interval.

TAKE ON A CROSSFIT CIRCUIT

Try a miniature version of the CrossFit classic Cindy: three pull-ups, five press-ups and seven squats as many times as possible in five minutes. Don't be fooled – it will get nasty.





DO THE SUPER-PLANK

If you can hold a plank for two minutes, it's time to progress to the super-plank. Bring your hands further forward, your feet together, your elbows close and flex your glutes and hamstrings. You'll be done in under 30 seconds, with stronger abs the result.

EMBRACE EMOMS

'Every minute on the minute' training - or EMOM - keeps you honest and lets you get work done. Try ten kettlebell squats at the start of every minute, and you'll have done 100 in ten minutes. Most people do less work in twice the time.

AIM FOR A TEN-MINUTE SQUAT

Be honest - you don't need to be sitting on the sofa to follow the latest episode of *Ice Road Truckers*. Kelly Starrett, founder of MobilityWOD, suggests you sit at the bottom of a squat for a total of ten minutes while watching TV. Do one minute on, one minute off, or all ten in one go. You'll notice a significant increase in strength in just a few weeks.

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Protein, bar none

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20g
PROTEIN

9g
FIBRE

2g
SUGAR



"They say it beats
the competition,
I'd say
**there is
no competition**"



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20g
PROTEIN

10g
FIBRE

1g
SUGAR

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